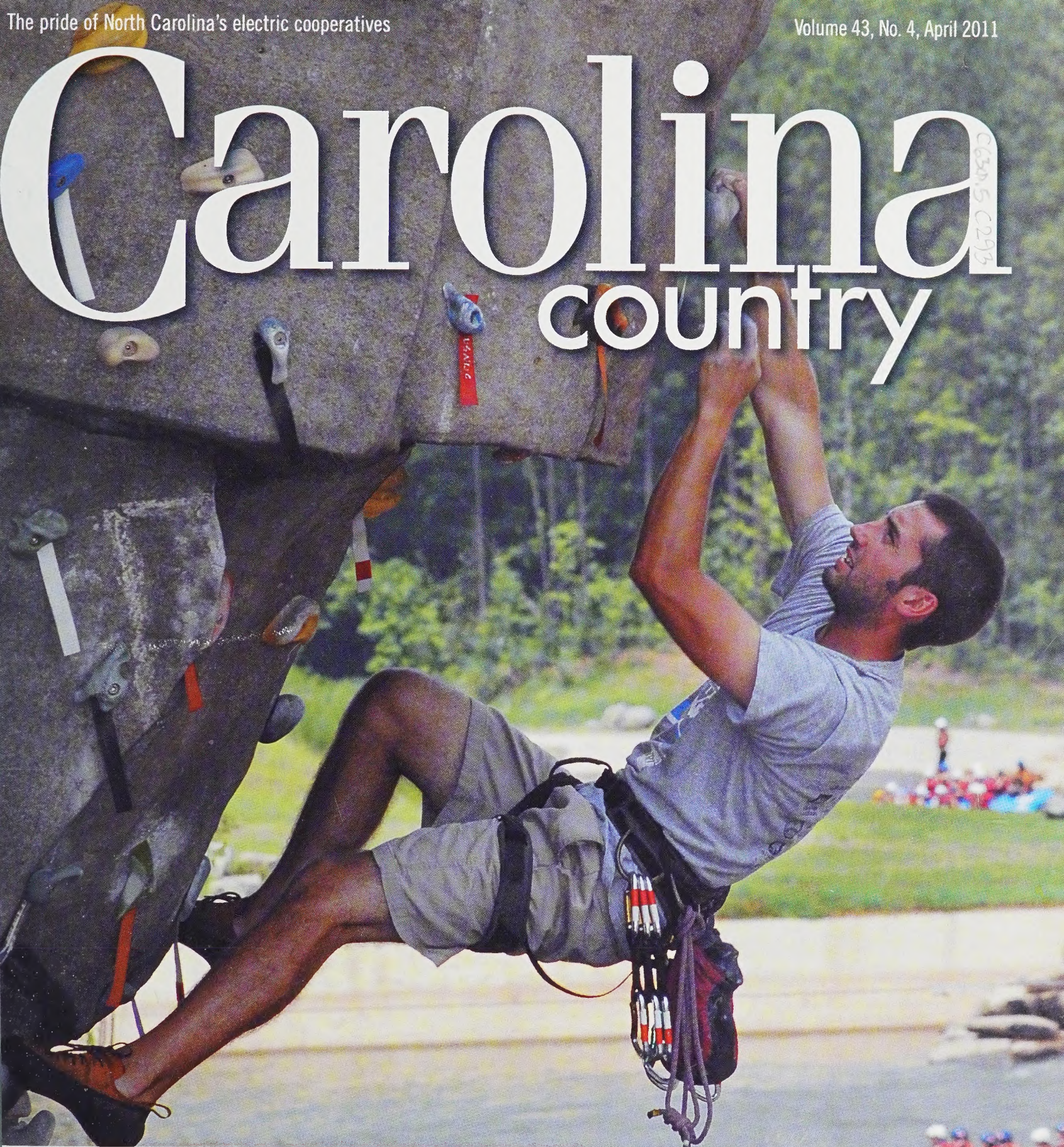


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Thinking of an electric car? — see page 4

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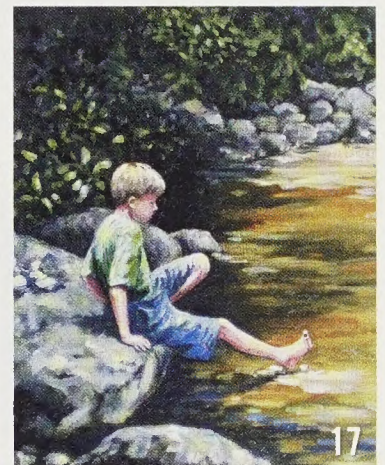
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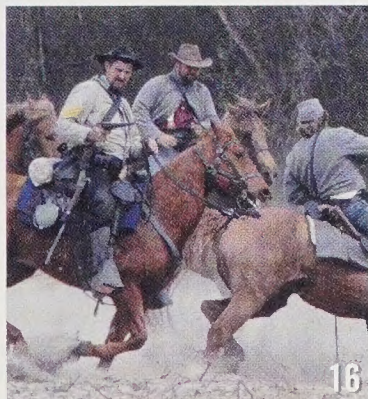
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Climbing at the U.S. National Whitewater Center on the banks of the Catawba River, Gaston County. See the Carolina Country Adventure on page 44. (Photo provided by Gaston County Tourism)



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Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Electric vehicles: coming soon to a garage near you

By Donald H. Spivey



This "Carolina Country Adventures" special edition of Carolina Country shows the great variety of travel opportunities we have here in North Carolina. Many of us look forward to jumping in the car and traveling to a new destination or returning to that special spot in North Carolina we hold dear.

Now, imagine setting out on your journey in a new electric-drive vehicle.

You may already have noticed the increase in advertisements on TV and magazines about new plug-in electric vehicles (PEVs) and their required charging

stations. The automakers and the supporting infrastructure are touting the benefits of electric drive vehicles at an increased pace. This will be especially true as various auto manufacturers send new electric vehicles to America's showrooms, and as the price of gas at the pump continues its upward trend. Comparing fuel cost and miles driven between electric drive and fossil fuel cars (gas and diesel) will inspire many of us to look into electric drive vehicles.

Did you ever imagine that the electricity that comes from your home's electric socket could power your car to drive to work or run errands around town? Just like plugging in our toaster, we will plug in an electric vehicle at home to maintain the battery's charge and mileage range.

Because electricity is a growing fuel source for the transportation needs of our country, the utility industry is watching this emerging technology closely. It will affect our capability and equipment for generating and distributing electrical power. North Carolina's electric cooperatives are proactively engaged with leading plug-in vehicle technology researchers

such as Advanced Energy and the FREEDM Systems Center (both located at N.C. State University in Raleigh) and the premiere electric vehicle trade group, the Electric Drive Transportation

Association (Washington, D.C.), to prepare us for this emerging market.

Electric vehicles won't be for everyone, and adoption rates will vary from locale to locale. However, if you do buy a plug-in electric vehicle, please contact your electric cooperative to let us know you have added this to your home's electric load.



If you do buy a plug-in electric vehicle, please contact your electric cooperative to let us know you have added this to your home's electric load.

We will need to know whether you have a slow charge (120-volt) or fast charge (240-volt) charging station. Because your electric cooperative has the responsibility to deliver safe and reliable power to you and your neighbor's homes, we need to review new or proposed electric car plug-in charging stations so we can ensure adequate transformer capacity at your home.

Besides the advantages of reducing air pollution and relying less on imported fossil fuel, plug-in vehicles are powered by electricity, arguably the most flexible and affordable energy source in North Carolina.

To learn more about electric vehicles go to: www.goelectricdrive.com.

Enjoy the roads this summer, electric drive or not, and drive safely.

Donnie Spivey is CEO and executive vice president of Pee Dee EMC, the Touchstone Energy cooperative serving more than 20,000 member-accounts in Anson, Richmond and parts of Montgomery, Scotland, Moore, Stanly and Union counties. He also is vice-chair of GreenCo Solutions, formed by the state's electric cooperatives to assist in their renewable energy and energy efficiency activities.

Sadie's first Easter

This is my granddaughter Sadie Jade Hampton on her first Easter last year. It was a beautiful spring day, and we decided to go for a little walk. As we walked past the old goose out in the yard, we decided to sit Sadie on it and take her picture in her Easter bonnet.

Angela Hampton, Stanley



My art teacher

You know that single moment when you realize what you want in life? That moment came for me when my art teacher asked what I wanted to study in college. I told her I wasn't quite sure yet, and she said I should really think about studying art and becoming an art teacher.

All my life, I've loved to draw and I've been the creative one in my family, but I've always known that my skills were less than ideal. Sure, I enjoyed drawing and painting, but I had never really thought anything would become of my art.

After that conversation with my teacher, I allowed myself to see my art as if someone else had created it. And I liked what I saw. I finally learned to accept what everyone had been telling me all along. I stopped worrying that my art wasn't good enough. I've found something that I'm good at and that I enjoy, and that's all I can ask for. I thank my senior year art teacher, Terri Hester

Ashley McGown, Clemmons

Contact us

Website: www.carolinacountry.com

E-mail: editor@carolinacountry.com

Phone: (919) 873-3062

Fax: (919) 878-3970

Mail: 3400 Sumner Blvd.
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Shane at work

This is my 4-year-old son, Shane Moore, cropping tobacco in his mama's tobacco field last summer. He loves working in the fields and riding on the combine with his Daddy.

Beadie Moore, Snow Hill, Pitt & Greene EMC



Restored 1936 Ford

Marilyn and I love your magazine — the stories, pictures, recipes. This picture was taken on our farm in Concord. It's our 1936 Ford dump truck with its original wood dump body. Anyone interested can contact me.

*Richard Burrage, 675 Knollcrest Dr., Concord, NC 28025
(704) 782-6229*

TWO LETTERS ABOUT JACOB:

Saddened and touched

I have always enjoyed reading "Jacob's Log," but his article in March's magazine about his mom's passing truly touched my heart. It is a blessing to hear a young man talk about his mom like he did. She would surely be proud of him.

Mavis Moree, Burnsville community, Pee Dee EMC

Sending sympathy and prayers

I always look forward to reading "Jacob's Log." His love for life, family, country and God clearly resonates through his words. My heart was saddened when I received the March issue, and I wish to express my sympathy and prayers for his family and him. He is truly a remarkable young North Carolinian, and I know that he will continue to make his mother and family proud. Thank you for publishing his log.

Amy Sopher, Charlotte



It's a blurry picture but I clearly remember Daddy on Easter holding me and my sister with those strong hands. It was 1968, and I was about 5.

Daddy and his hands

This picture is on Easter when I was about 5 in 1968. I remember Daddy always being a hard worker and good provider. Mac Austin sacrificed so we could have what we needed.

His arms are around my sister and me with those strong hands that worked diligently for his family. Many snowy days he put chains onto tires to go to work. That was dedication. He took us shopping all day for Christmas and Easter dresses, waiting for us to find just the right dress and accessories.

I remember the steam engine and our first cassette player/recorder he brought from the auction. I still have the leather bracelet with mushrooms he picked out for me.

We spent many hours in his Ford truck singing and performing. He tried to convince us he could control the wipers with one finger by sliding it back and forth. I'm pretty sure I believed it. Either I couldn't figure out how he did it, or I didn't want to because I was sure he could do anything.

Kim Huffman, Lenoir, Blue Ridge Electric

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616

Hidden Easter eggs

Easter at our house meant tiptoeing down the stairs to our living room to find evidence that the Easter Bunny had made a delivery. With five children in the house, there usually weren't elaborate Easter baskets, but instead you might find the chair in the living room filled to capacity with those big colorful marshmallow eggs, a new sand bucket or a straw hat for summer.

Immediately we would busy ourselves preparing for an Easter egg hunt. We would hide eggs everywhere, from the backdoor to the stables and the woodshed. We never grew bored of finding those eggs to see who would collect the most in their bucket or basket. Those colorful eggs had the longest shelf life of any product I have ever seen. As spring turned to summer and the days grew warmer, we would find eggs in the pasture, along the lines of Momma's flower beds and in the ends of the iron poles that held our clothesline in place. Finding those eggs would always bring a smile and a fond memory of just who might have hidden it and how many times we had passed by before it appeared.

Debbie Formyduval, Macon, Halifax Electric

The D&D School

I was born during the Depression of 1931 into a family of eight children, me being the youngest. My dad had lost his job at Drexel Furniture Company. I was too young for any of this to bother me, but I heard Dad tell of going to the Building and Loan, as it was called then, asking them to take his house, because he could not make the payments. They said they had more houses than they could take care of, so he should pay what he could.

At this time a wonderful thing happened: Dad got a job at the D&D School, now known as N.C. School for the Deaf in Morganton. The pay was not very much, but we moved onto the campus — free rent, water and electricity, and in summer we got free milk when the children went home. I remember seeing the children boarding the train from a platform near our house to go home for the summer.

The school had a large farm and dairy. Dad delivered produce and milk to different buildings, first with a horse and wagon and later on a truck. Mom worked as a night lady to check on the children, awakening the ones who needed to go to the bathroom and the older boys early in the morning to help on the farm.

When we moved away from the campus later, Dad always told me, "Turn off the lights. You are not at the Deaf School anymore."

Even though our family was large, we were never hungry or left to wonder if we were loved.

Mardie Digh, Morganton, Rutherford EMC

Your own slice of heaven.



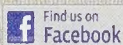
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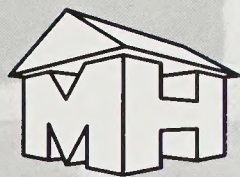
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At work in Raleigh

Delegations from North Carolina's electric cooperatives in February met with state legislators to discuss issues affecting cooperatives and their communities. In the top photo, Deputy Majority Whip Rep. Jonathan Jordan (second from right), a Republican from Ashe County, talks with (from left) Doug Brinson of Tideland EMC, Kenneth Greene of Blue Ridge Electric and Joy Coffey of Blue Ridge Electric. In the bottom photo, Sen. Stan White (center), Democrat from Dare County, is shown with Tideland EMC delegates (from left) Vernon Howell, Ray Hamilton, Wayne Sawyer and Leon Bryant.



Co-ops will benefit from Hertford County solar farm

GreenCo Solutions and North Carolina Electric Membership Corporation (NCEMC) will purchase renewable energy certificates and electricity, respectively, from a new solar project Duke Energy is acquiring from SunPower in Hertford County.

Groundbreaking at the 6.4-megawatt Murfreesboro Solar Project is expected this spring. When completed in late 2011, the solar farm will be capable of generating enough electricity to power about 700 average-sized homes.

GreenCo Solutions, a company owned by 22 of North Carolina electric cooperatives, will buy all renewable energy certificates (RECs) generated by the facility to assist its members in meeting their solar power requirement under the state's Renewable Energy and Energy Efficiency Portfolio Standard (REPS). GreenCo executed a 20-year purchase agreement with Duke Energy Renewables, a newly renamed part of Duke Energy's unregulated, commercial business.

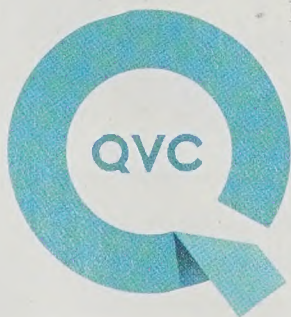
The electricity produced by the solar farm will be purchased by NCEMC, the power supply organization for the majority of the state's electric cooperatives, under a 20-year agreement.

Duke Energy Renewables acquired the Murfreesboro project in December 2010 from SunPower Corp., which designed and will build the solar photovoltaic system. SunPower will mount nearly 20,000 high-efficiency crystalline silicon panels at the site.

"We are pleased to announce our participation in one of the state's largest solar projects," said Rick Thomas, CEO of NCEMC and GreenCo Solutions. "This project will provide 20 years of clean, renewable electricity to our members and help GreenCo cooperatives meet the solar requirements of the North Carolina REPS."

The solar farm will be constructed on roughly 37 acres of leased land near Murfreesboro.

QVC expands in Edgecombe County



Home shopping giant QVC has announced that it will add hundreds of new jobs at its distribution facility in Edgecombe County. Electric power for the facility is supplied by Edgecombe-Martin County EMC, the Touchstone Energy cooperative based in Tarboro.

QVC said it will invest \$71 million over the next five years in the facility near Rocky Mount.

Gov. Beverly Perdue says the expansion was funded in part by a \$1 million grant from the One North Carolina Fund.

The company says the expansion will add approximately 1 million square feet to the facility, creating 200 new full-time jobs and more than 300 part-time positions. Construction is expected to be completed in the fall of 2012.

The company says the average salary for the 200 full-time jobs will be \$30,216 not including benefits. As of the end 2010, QVC employed 541 full-time workers and 998 part-time and variable workers at the site.

Energy Efficiency Questions

Programmable thermostats

I want to express my appreciation for the great article Arnie Katz did in the February 2011 Carolina Country on setting a heat pump's thermostat. I do have one more question: What is a good programmable thermostat for a heat pump?

James Gaster, Sanford, Central EMC

Answer: Contact the manufacturer of your equipment (or at least a local distributor) and let them tell you which programmable thermostats are compatible with your specific heat pump. The electronics in these things are getting more complex, and I would want the equipment manufacturer to tell me what will work.

Arnie Katz, Senior Building Science Consultant, Advanced Energy, Raleigh

High winter bills

We have recently purchased a home in the mountains, and we have a heat pump. We do not live there in the winter. We set the heat on 50 degrees to keep the house warm enough so the pipes won't freeze. But we have electric bills in the \$200 range with the unit set at 50 degrees, which would not be warm enough if we were there. So we wonder what the bill will be if we do visit in the winter. Are we setting our pump correctly?

Carolann Mahr

Answer: There are any number of reasons why your bills are so high. Without actually looking at the house, it's impossible to tell what might be causing this. Assuming that this is a more or less average size house, a \$200 per month bill with no one living there and the thermostat set at 50 degrees is certainly cause for concern. I would hire a building performance professional to evaluate the house. Go to www.natresnet.org and click on "energy raters and auditors." Also, www.bpi.org, click on their locator button, then "certified professionals." Look for a certified building analyst.

Your bills are caused by either the heating system or other devices that are running or a combination of both. While it seems likely that the heating system is the primary culprit, there could be other factors. Is the water heater turned off, for instance?

Assuming the high use is the heating system, the causes may include:

- Mis-wired or malfunctioning heat strips. This is not uncommon and could cause the heating system to use the high-usage electric resistance back-up strips rather than the heat pump.
- Malfunctioning thermostat. You have it set to 50. Is that what it's actually keeping the house at?
- Lack of outdoor thermostat on the unit. Such a thermostat would keep the heat strips from coming on except in very cold weather.
- Leaky or disconnected ducts. This is extremely common and can cause high energy use.
- Poor air-sealing details and/or insulation details. Again, these are very common and frequently cause high bills.

Many homes all over the country have one or more of those issues. The only way to know is to get someone in there who's been trained to look for these things. A good HVAC contractor can diagnose the problems related to the heat strips and the thermostats.

Arnie Katz, Senior Building Science Consultant, Advanced Energy, Raleigh

Northeast N.C. may see a major wind energy system

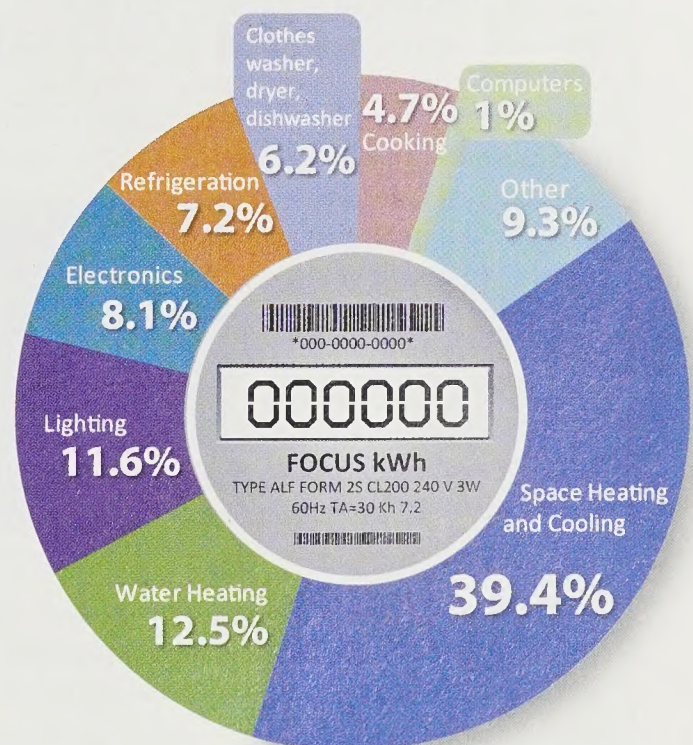
Oregon-based Iberdrola Renewables has applied with the North Carolina Utilities Commission to develop a wind energy project in Pasquotank and Perquimans counties.

If built, the Desert Wind Power Project would be located on approximately 20,000 acres of private land near Elizabeth City. The company is considering development of a 300-megawatt (mw) project, which is enough to power between 55,000–70,000 North Carolina homes with electricity.

Iberdrola Renewables has been working with the communities, landowners, multiple state and federal agencies, and conducting various studies on the potential project since 2009. If permitted, construction could begin as early as late 2011.

Gov. Bev Perdue's office said construction could create over 400 jobs, payments to local landowners could approach \$1 million per year for the life of the project, and additional property tax revenue would result from the operation. Perdue's office added that the project's small footprint would take from production less than 2 percent of agricultural land.

How Your Home Uses Electricity



Source: 2009 Buildings Energy Data Book, U.S. Department of Energy, Table 21.5. Represents an all-electric home. Updated February 2011.

Try This!

Look for energy draw in big screen TVs

Today's televisions have larger, thinner screens than the old ones. However, some models require a tremendous amount of energy to operate—almost as much as a refrigerator. And the average American household owns 2.93 TVs, according to a 2010 Nielsen report.

All of this energy use adds up. A recent study found that U.S. televisions use more than 46 billion kilowatt-hours (kwh) per year, or about 4 percent of residential electricity use.

In response to consumer concerns, TV manufacturers are designing sets that use less energy than previous versions without sacrificing screen size or resolution. Are you in the market for a new TV, or do you want to make sure you're using your current TV efficiently? These tips will help you tune in to big screen energy savings.

High-definition = high energy use

Although a high-definition TV (HDTV) transforms the latest blockbuster movie into a theater-like living room experience, these sets generally use more power because of better picture clarity. Also, energy consumption often relates to screen size. The larger the screen, the more electricity required.

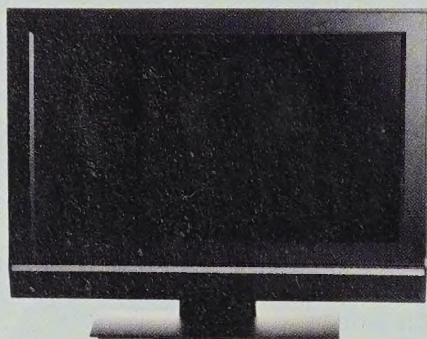
According to CNET, a consumer electronic evaluation service, if plasma HDTV sets are on about 5 hours per day, the annual operating costs ranges from \$25 for small screens to \$250 for very large ones.

Four types of TVs are currently available: plasma, liquid-crystal display (LCD), rear projection, and cathode ray tube (CRT).

Plasma screens often are cited as the largest energy user mainly because their large 42-inch to 65-inch screens typically draw between 240 watts to 400 watts. Most consume electricity even when turned off.

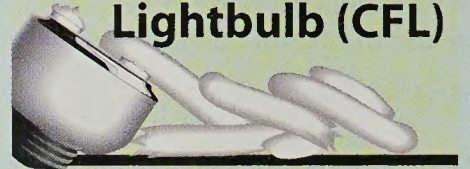
LCD TVs don't need much power to operate, 111 watts on average. Most LCD screens range in size from 21 inches to 49 inches. These TVs fall into two categories: those with cold-cathode fluorescent lamps to illuminate the screen; and backlit models employing a light-emitting diode (LED). LED units offer several benefits, notably better picture quality and thinner and lighter screens. They also use slightly less energy, at 101 watts.

CRT televisions are the most difficult to find because they employ old technology, and their screen sizes rarely top 40 inches.



—Brian Sloboda
Cooperative Research Network

How to Clean Up a Broken Compact Fluorescent Lightbulb (CFL)



A CFL's glass tubing contains about 4 milligrams of mercury. While this isn't much (classic thermometers contained 500 milligrams) consumers should still take precautions if a CFL breaks.

- 1** Ventilate the room, then wait 5 to 10 minutes. 
- 2** Scoop up powder and glass fragments using stiff paper or cardboard. Seal in a plastic bag. 
- 3** Use duct tape to pick up any fragments or powder.
- 4** Immediately place all materials used to clean up and the plastic bag in an outdoor trash container. Remember to wash your hands. 
- 5** Not all recycling centers accept broken CFLs. Check with your local and/or state waste authority for disposal requirements, or visit Earth911.com.

To learn more visit epa.gov/cflcleanup.

Source: Electrical Safety Foundation, Environmental Protection Agency

Can you help others save energy?

Send your conservation ideas or questions to us. P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

WHERE IN CAROLINA COUNTRY IS THIS? →

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by April 7 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our May issue, will receive \$25.



March



March winner

The March photo by Janet Dodge showed a December sunset scene of the Rose Bay Missionary Baptist Church, Rose Bay Loop Rd in the Rose Bay community of Hyde County. The winner, chosen at random from all the correct entries, is Bonny Sawyer of Hyde County, a member of Tideland EMC.

Crows feet, Frown Lines and Wrinkles - Does Any Cream Work?



DEAR DORRIS: I am a young 65 years old, and have recently entered retirement. However, I haven't been able to relax

and enjoy, because I'm so upset about these wrinkles and lines I have developed around my eyes and mouth. I tried 6 different creams that Celebrities endorsed, and NONE of them worked. I am desperate here, to rid myself of these wrinkles, but I'm afraid to keep spending money on creams that don't work.

Is there any product out there that really and truly reduces the wrinkles and lines of the face, even the deep, entrenched ones?

Feeling Shriveled, Charlotte, North Carolina

DEAR SHRIVELED: As a faithful reader of my column, you probably know that I was a long time sufferer of wrinkles and frown lines too. You'll be glad to know that I **DID** find a product line that gets rid of wrinkles and lines, and was especially helpful on those deep wrinkles that seem like they're never going away.

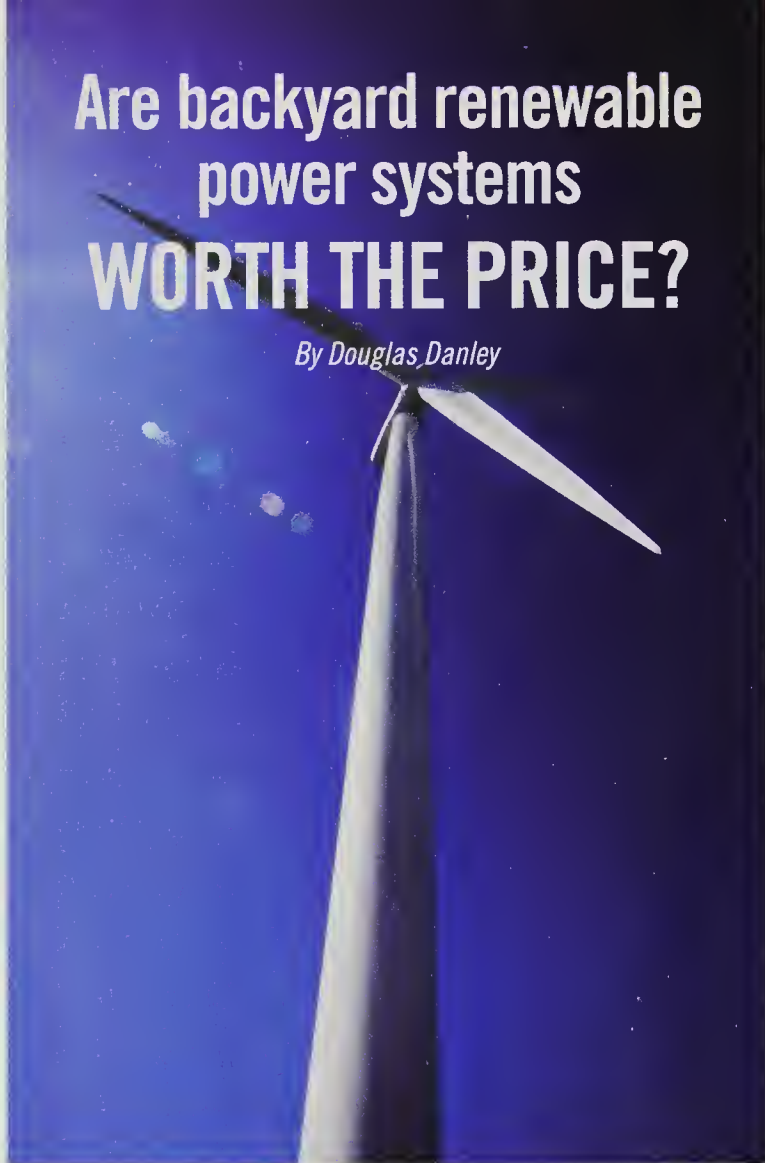
The **Dermagist Original Wrinkle Smoothing Cream®** is a rich, luxurious cream that is scientifically infused with the peptide, Matrixyl. In case you haven't heard of Matrixyl, it actually stimulates the DNA of the skin to produce new healthy skin cells and encourages your skin to produce Collagen. While there are several creams on the market that contain collagen, Matrixyl gets your skin to produce your **OWN** Collagen, which is much more effective. As if the Matrixyl wasn't enough, **The Dermagist Original Wrinkle Smoothing Cream®** has other proprietary ingredients that dramatically smooth and soften the skin, while lifting and plumping loose and saggy areas.

Affordable and incredibly effective, dermatologists are referring a lot of business to this company. I highly recommend that you try it for the wrinkles that your skin has. The Dermajuv products are **available online at www.Dermagist.com** or you can order or learn more by **calling toll-free, 888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was "NCW2". It's worth a try to see if it still works.



Are backyard renewable power systems WORTH THE PRICE?

By Douglas Danley



Environmental concern, tax incentives and rising electricity costs have sparked an interest in renewable energy systems, notably small wind turbines and solar photovoltaic (PV) panels for homes. And equipment prices for “backyard” power systems have dropped — especially for solar.

But the big question remains. Are these systems cost-effective compared to the price you pay for power from your local electric co-op?

There’s no simple answer. The payback on residential solar or wind systems depends on local prices for renewable energy systems and installation, your co-op’s power costs, and specific programs in place at local and state levels, as well as at your electric co-op.

Simple payback analysis

A simple payback analysis can calculate the time it takes for your monthly electricity expenses to equal a renewable energy system’s cost. This typically is expressed in years and shown on a graph.

After the payback, any energy generated is essentially “free,” although base utility connection fees remain. Obviously, a shorter payback is better. Keep in mind that it is possible for payback to be longer than the system’s life — meaning you’ll lose money by installing it. And since it’s hard to know when major

To find out whether or not a renewable energy system would be cost-effective for you, it’s important to conduct a simple payback analysis specific to your home or business.

repairs may be necessary, simple payback calculations become less accurate as time goes on.

Weighing pros and cons

Your best bet is to talk to a renewable energy expert. Your electric cooperative may refer you to one or you can go to the North Carolina Solar Center (www.ncsc.ncsu.edu) for help with a simple payback calculation specific to your situation.

Here’s how a calculation works:

You want to evaluate a 5-kilowatt (kw) roof-mounted PV system.

The system costs between \$5 to \$6 per rated watt to put in. Let’s use the higher number.

Using this formula: [dollar amount] x [watts] x 1,000 [kw], the system will cost \$30,000. Assume the system’s inverter probably will need to be replaced after 15 years or so (about \$3,000), making the system’s lifetime cost about \$33,000.

The PV system produces about 6,650 kilowatt-hours (kwh) annually. This output degrades slightly over the 25-year expected life, so total lifetime system output will be about 150,000 kwh.

Assuming an electricity rate of 12 cents per kwh (electricity costs differ widely nationally) and 3 percent inflation, the simple payback for the \$33,000 PV system is 17 years.

Consumers will also need to factor in costs related to

interconnecting their renewable system with the co-op.


Some online payback calculators can help. The National Renewable Energy Laboratory (NREL) tool, “In My Backyard,” estimates how much electricity can be produced from solar and wind power in different parts of the country. The tool, found at www.nrel.gov/eis/imby, also features a solar payback calculator.

This calculator covers big expenses but doesn’t take into account local incentives or interconnection costs. Nor does it cover reimbursing the cooperative for costs it incurs to maintain a reliable power connection to your home or business or for electricity it provides when the sun is not shining or the wind is not blowing.

Look for tax incentives

Federal and state (and sometimes local) tax incentives can be found using the Database of State Incentives for Renewables and Efficiency, www.dsireusa.org. Until Dec. 31, 2016, there is a 30 percent federal tax credit for residential wind turbines and solar energy systems.

Contact your co-op

Contact your local electric co-op for information on interconnection requirements and procedures. 

Doug Danley is a senior program manager specializing in renewable energy for the Cooperative Research Network (CRN), a service of the National Rural Electric Cooperative Association.

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— JAMES T. FENT,
Stauer GIA
Graduate Gemologist

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*Inspired by the engagement that has become an international sensation—
The stunning Royal Proposal Scienza™ Sapphire can be yours today for only \$99!*

Fairy tales are for real. If you need proof, look no further than the ring that transformed an ordinary English girl into a genuine princess. The world has been buzzing ever since the young prince popped the question. And with a brand new royal romance in full bloom, one legendary sapphire has returned for a second chance at happily-ever-after. Now you can share in the magic with the spectacular *Royal Proposal Scienza™ Sapphire Ring*, available exclusively from Stauer.

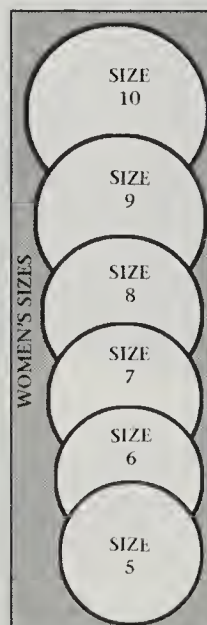
Don't miss your chance to treat her like a princess. Inspired by what many are calling "the most romantic ring ever made," our *Royal Proposal Scienza Sapphire* sparkles with as much passionate color and fire as the genuine sapphire and diamond original... without the king's ransom price tag.

In 1981, Prince Charles slipped a brilliant blue sapphire onto the finger of shy Lady Di and the whole world fell in love. Nearly thirty years later, his son William used the very same sapphire to win the hand of his own beloved Kate. Almost immediately after Prince William announced his engagement, luxury jewelers across Europe were flooded with requests to create similar rings. But even the wealthiest patrons may

have to wait months for their own custom versions. We have one waiting for you right now.

The "ring that everybody wants" won't wait forever. Call today to claim your very own version of the "Most Desired Ring in the World" for the unbelievable price of only \$99! Our version features an impressive 2½-carat lab-created sapphire oval, prong-set in a band of sterling silver. The regal blue beauty is surrounded by a sunburst of 14 lab-created DiamondAura® rounds that sparkle with even more clarity and fire than mined diamonds.

The breakthrough science behind "happily ever after." The difference between our lab-created gemstone and the original royal sapphire is that the natural sapphire has flaws called inclusions.



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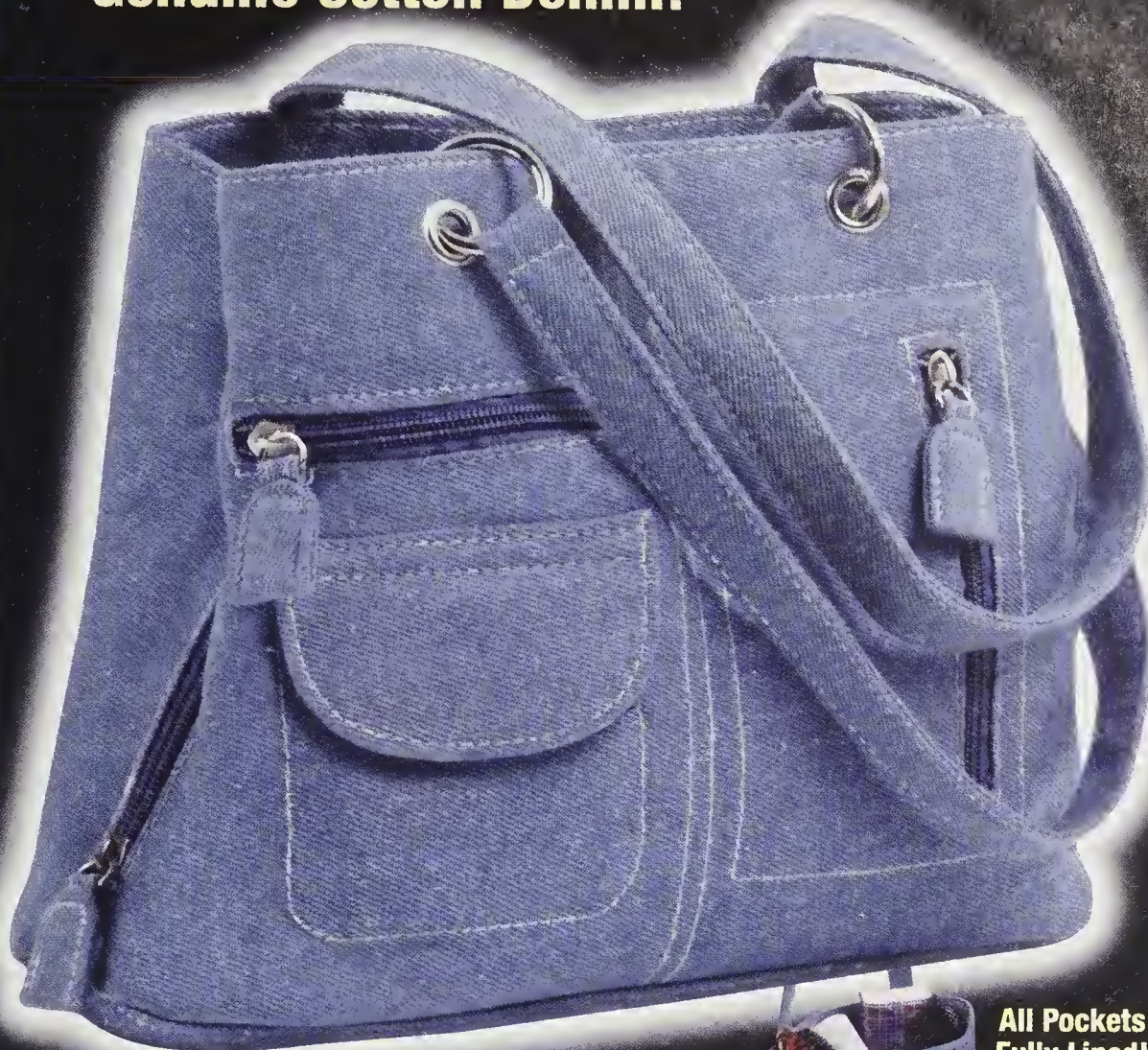
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Remembering North Carolina in the Civil War

It is called a brothers war, and nowhere was that more true than in North Carolina. The American Civil War claimed more lives than any military engagement undertaken by this country. North Carolina lost at least 35,000 soldiers, more than any Southern state, and great hardships were suffered by those both at war and at home.

In observance of the sesquicentennial of the Civil War (1861–1865), the N.C. Department of Cultural Resources has organized the “Freedom, Sacrifice, Memory: Civil War Sesquicentennial Photography Exhibit” to travel the state from April 1 through spring 2013. Visitors will see well-known Confederate generals, women who served as Confederate spies, re-enactment images of soldiers and battles and more. The battlefield, home front, African Americans and women all are reflected. An accompanying notebook has sketches of the generals, African Americans fleeing bondage, a woman whose home became a hospital, and glimpses of lives from that turbulent time.

The tour will visit 49 public libraries, the Mountain Gateway Museum in Old Fort, the Graveyard of the Atlantic Museum in Hatteras and the N.C. Maritime Museum in Beaufort.

N.C. CIVIL WAR SESQUICENTENNIAL PROGRAMS

Spring 2011

The Department of Cultural Resources has planned more than 200 events. Spring events are listed here. Stay in touch with local news sources for updates or call (919) 807-7389 or go to www.nccivilwar150.com.

Bentonville Battlefield, Four Oaks, (910) 594-0789

Site of largest Civil War battle in North Carolina

April 2, 10 a.m.–4 p.m.: “Park Day” national workday for volunteers in a cooperative effort with the Civil War Preservation Trust.

May 21: Confederate Memorial Day program with the Harper House Chapter United Daughters of the Confederacy.



A re-enactment of a Confederate charge at the Battle of Bentonville, the largest battle in the state during the war. The historic battleground has scheduled three special events this spring (see list).

June 11, 10 a.m.–4 p.m.: Living history program “Camp Life.”

Bennett Place, Durham, (919) 383-4345

Site of largest Civil War Confederate troop surrender

April 2, 10 a.m.–4 p.m.: National workday for volunteers in cooperation with the Civil War Preservation Trust.

April 16–17: “Surrender: The End of the American Civil War.” Lectures, book signings and living history program.

May 20, 10 a.m.–4 p.m.: Living history program, North Carolina Confederate Memorial Day.

May 28, 10 a.m.–4 p.m.: Memorial Day living history program, “Military Through the Ages.”

Fort Fisher, Kure Beach, (910) 458-5538

Coastal fort protecting Confederate army supply lines

June 18: Living history program “Storms of Shot and Shell: Civil War Artillery.”

Brunswick Town/Fort Anderson, Winnabow, (910) 371-6613

Civil War fort constructed over remains of pre-Revolutionary port village

April 11–16: “Civil War Heritage Days” hands-on living history program.

State Capitol, Raleigh, (919) 733-4994

National Historic Landmark completed in 1840

May 20: Re-enactment “The Battle Before the War: North Carolina’s Secession Debates.”

Historic Edenton, (252) 482-2637

North Carolina’s first colonial capital, second-oldest town

May 21, 1–5 pm: Living history program “Civil War Maritime” on Chowan County Courthouse Green.

Zebulon Vance Birthplace, Weaverville, (828) 645-6706

Farm birthplace of Gov. Zebulon B. Vance (a Civil War officer)

June 11–12: Living history program “Call To Arms!” with the 26th NC Regiment.

Historic Halifax, (252) 583-7191

Political center during the American Revolution (4th Provincial Congress, 1776)

June 11, 1:30 p.m.: Dedication and unveiling of wayside exhibits at Historic Halifax to interpret the history of the maritime Underground Railroad in the area.

Historic Bath, (252) 923-3971

The state’s first town, founded in 1705

Through 2011: Exhibit, “The Civil War at Home: Uncovering Local History Through Family Letters.”

April 16, 10 a.m.: Lecture, “A Woman’s Place Was in the Home: Learning About Life Through Civil War Letters.”

N.C. Office of Archives and History, Raleigh, (919) 807-7280

May 20: Symposium, “Civil War and Memory,” in the N.C. Museum of History.

First Wednesdays: Online resource “Documenting the War: Civil War Resources from the North Carolina State Archives.”

May 9, 10:30–11:30 a.m.: Civil War lecture series

April Events



See Kim Wheaton's "Testing the Water" as well as other paintings, jewelry and wood art at the exhibit "Elemental: Metal, Wood & Water" on Friday, April 29 at the Hillsborough Gallery of Arts. Call (919) 732-5001 or visit www.hillsboroughgallery.com to learn more.

ONGOING

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Maness Pottery & Music Barn
Tuesday nights
Midway
(910) 948-4897
www.liveatclydes.com

Betty Lynn (Thelma Lou)
Andy Griffith Museum
Third Fridays
Mount Airy
(704) 466-3744
www.visitmayberry.com

Civil War 150 Exhibit
Cumberland County Public Library
April 1-13, Fayetteville
(919) 807-7389
www.nccivilwar150.com

Farmers Market
Saturdays starting Apr. 2
Wake Forest
www.wakeforestmarket.org

Emissaries of Peace
Cherokee & British, 1762
Through May 15, Asheville
(828) 665-2492
www.ncarboretum.org

Spring Awakening Exhibit
Apr. 15-May 29, Hertford
(252) 426-7463
www.perquimansarts.org

"Sleep Tight: Quilts, Coverlets and More"
Through Apr. 16, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

Civil War 150 Exhibit
Museum of the Cape Fear
Apr. 16-28, Fayetteville
(919) 807-7389
www.nccivilwar150.com

"Young and Young at Heart" exhibit
Senior games, SilverArts and students
Through Apr 19, Hertford
(252) 426-7463
www.perquimansarts.org

Dog Photo Competition
Through Apr. 30, Rhonda
(336) 835-9463
www.raffaldini.com

Artifacts Mini-Exhibit
Through May 8, High Point
(336) 885-1859
www.highpointmuseum.org

Dogwood Festival
Apr. 29-May 11, Fayetteville
(910) 483-5311
www.faydogwoodfestival.com

"I Love You—You're Perfect. Now Change"
Comic play
Apr. 29-May 15, Fayetteville
(910) 483-5311
www.cftrt.org

"Our State Dog"
Traveling exhibit on Plott hounds
Through April 30, Brevard
(828) 877-3106
www.headwatersoutfitters.com

"Motoring the Blue Ridge Parkway"
Through June 2011, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

"A Journey Thru the 20th Century" Exhibit
Through Dec. 2011, Oxford
(919) 693-9706
www.granvillemuseumnc.org

1 FRI

First Fridays
Discounts, entertainment monthly
Greenville
(252) 329-4200
www.uptowngreenvillenc.com

Dr. Etta: Family Specialist
Comedy club series
Spindale
(828) 286-9990
www.foundationshows.org

Darin & Brooke Aldridge Music Festival
Apr. 1-2, Cherryville
(704) 447-5090
www.catawbavalleymusicrevival.com

Pig Cooking Contest
Apr. 1-2, Newport
(252) 241-8018
www.newportpigcooking.com

Back to the Beach Car Show
Apr. 1-2, Kure Beach
(910) 283-7268
www.backtothebeachcarshow.com

Spring & Grow Pig Cook-Off
Apr. 1-2, Elizabethtown
(910) 862-2576
www.lumilvineyard.com

"Comin' Round the Mountain"
Musical comedy
Apr. 1-3, Union Mills
(828) 287-6113
www.rutherfordcommunitytheatre.org

Hoke County Centennial
Apr. 1-16, Raeford
(910) 875-2368
www.hoke100.org

The Art of Clay
Apr. 1-30, Rutherfordton
(828) 287-6113
www.rcvag.com

2 SAT

Spring Herb Sale
Indian Trail
(704) 882-2669

ECU Youth Art Festival
Greenville
(252) 329-4200
www.ecu.edu.soad.youthart.com

Go Family/KidsFest
Greenville
(252) 329-4200
www.mppfc.org

"The Poor Soldier"

Comic opera
Winston-Salem
(336) 721-7350

Discover Latta Plantation

Huntersville
(704) 875-2312
www.lattaplantation.org

Oyster Roast at RayLen Vineyards

Mocksville
(336) 998-3100
www.raylenvineyards.com

Ranger-led Turtle Program

Chimney Rock
(828) 287-6113
www.chimneyrockpark.com

Trout Derby

Apr. 2-3, Blowing Rock
(828) 295-4636
www.blowingrock.com

Renaissance Faire

Apr. 2-3, 9-10, 16-17, Knightdale
www.ncrenfaire.org

3 | SUN.**The Dance Theater of Harlem**

Classic ballet
Fayetteville
(910) 483-5311

Pet-a-Palooza

Edenton
(252) 562-2740
www.mainstreetedenton.com

6 | WED.**Special Olympics Track & Field**

Greenville
(252) 329-4200
www.grpd.info

Percussion Ensemble Concert

Greenville
(252) 329-4200
www.ecu.edu

Congregate

Battleship Crew reunion
Apr. 6-10, Wilmington
(910) 251-5797
www.battleshipnc.com

7 | THURS.**Chamber of Commerce Business Expo**

Greenville
(252) 329-4200
www.greenville.org

Big Lick Bluegrass Festival

Sponsored by Union Power Cooperative
Apr. 7-9, Oakboro
(704) 985-6987
www.biglickbluegrass.com

"Guys"

Musical comedy
Apr. 7-17, Rockingham
(910) 205-8553
www.richmondcommunitytheater.com

8 | FRI.**Art After Hours**

Guest artist Billy Farmer
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

PirateFest

Apr. 8-9, Greenville
(252) 329-4200
www.piratefestnc.com

Historic Homes & Garden Tour

Apr. 8-9, New Bern
(252) 638-8558
www.newbernhistorical.org

Quilt Show

Apr. 8-9, Lincolnton
(704) 735-0751

9 | SAT.**Fireman's Day**

Food, fun and entertainment
Youngsville
(919) 556-1505
www.yvfd.com

Down East Walk to Defeat ALS

Greenville
(877) 568-4347
www.catfishchapter.org

Stoneybrook Steeplechase

Raeford
(910) 875-2074
www.carolinahorsepark.com

Guided Canoe Trip

Rosman
(828) 877-3106
www.headwatersoutfitters.com/
signs_of_spring.html

Spring Fling

Food, rides, egg hunt
(919) 303-4673
www.springflingapex.com

Contra Dance

Greenville
(252) 329-4200
www.ecu.edu/org/ecufolk/fasg

Washington & the Land

Gardening, rifle firing, puppets
Winston-Salem
(336) 721-7350

International Ports O'Call

Cultural diversity and education
Greenville
(252) 329-4200
www.piratefestnc.com

Community "Spring Fling"

Apex
(919) 303-4673
www.springflingapex.com

Garden Club Homes Tour

Bath
(252) 923-0972

The Art of Nature Printing

Rutherfordton
(828) 287-6113
www.rcvag.com

Recreate—Battleship Alive

Living history
Wilmington
(910) 251-5797
www.battleshipnc.com

War for Empire: 1761

French & Indian war reenactment
Apr. 9-10, Statesville
(704) 873-5882
www.fortdobbs.org

S&D Gun & Knife Show

Apr. 9-10, Greenville
(252) 329-4200

10 | SUN.**Fiesta Biathlon**

Greenville
(252) 329-4200
www.runtheeast.com

12 | TUES.**Historic Easter Egg Dyeing**

Winston-Salem
(800) 441-5305

Freedom Festivities

Halifax
(919) 807-7386
www.halifax.nchistoricsites.org

13 | WED.**Spring Homeschool Day**

Huntersville
(704) 875-2312
www.lattaplantation.org

Home & Garden Tour

Southern Pines
(910) 295-4617
www.southernpinesgardenclub.com

Wine & Food Festival

Apr. 13-17, Blowing Rock
(828) 295-7851
www.blueridgewinefestival.com

Shad Festival

Apr. 13-17, Grifton
(252) 329-4200
www.griftonnc.com

14 | THURS.**Specialized Recreation Easter Egg Hunt**

Greenville
(252) 329-4200
www.grpd.info

"The Merry Wives of Windsor"

Comedy
Greenville
(252) 329-4200
www.ecuarts.com

Chuck Wagon Gang

Carolina Gospel Association show
Rutherfordton
(828) 287-6113
www.carolinagospel.com

"Around the World in Eighty Days"

Comic adaptation
Apr. 14-17, Farmville
(252) 329-4200
www.farmvillearts.org

15 | FRI.**In-water Boat Show**

Oriental
(252) 249-0228
www.orientalboatshow.com

Russian National Ballet

Greenville
(252) 329-4200
www.ecu.edu

Salsa Dance

Greenville
(252) 329-4200
www.ecu.edu/org/ecufolk/fasg

Billy Taylor Jazz Festival

Greenville
(252) 329-4200
www.ecu.edu

Native Plant Festival

Newport
(252) 393-8185
www.nccoast.org

Rocky Hock Opry Performance

Apr. 15-16, Edenton
(252) 340-3438

"Jack & the Giant"

Children's musical
Apr. 15-16, Ayden
(252) 329-4200
www.smilesandfrowns.net

Haliwa-Saponi Annual Pow-Wow

Apr. 15-17, Hollister
(252) 586-4017
www.haliwa-saponi.com

Springtime Quilt Show

Apr. 15-17, Spindale
(828) 287-6113
www.rutherfordquiltguild.org

Big Lick Farm Days Festival

Apr. 15–17, Oakboro
(704) 485-4906
www.hinsonauction.com

16 | SAT.**Vintage Car Cruise-In**

Hendersonville
(800) 828-4244
www.historichendersonville.org

Crafty Saturday

Make greeting cards
Tarboro
(252) 641-0857
www.cardscraps.com

Bluegrass Convention

Yadkinville
(336) 409-4775
www.yadkingrass.com

Orchestra (formerly ELO) Concert

Fayetteville
(910) 483-5311
www.community-concerts.com

Publick Day

Old-fashioned flea market
Beaufort
(252) 728-5225
www.beauforthistoricsite.org

5 Mile Flea Market

Carthage
(910) 947-2905

Civil War Soldier for a Day

Huntersville
(704) 875-2312
www.lattaplantation.org

In The Digital Age:

Taking better pictures
Rutherfordton
(828) 287-6113
www.rcvag.com

Guided Hike: Tree ID

Chimney Rock
(828) 287-6113
www.chimneyrockpark.com

Piedmont Earth Day Fair

Winston-Salem
(336) 813-0911
www.peaNC.org

Broadway Our Way Festival

Street fair, displays, food
Broadway
(910) 258-3163 www.broadwaync.com

Planet Earth Celebration

Raleigh
(919) 882-1979
www.planetearthcelebration.com

Tour of Homes & Gardens

Oriental
(252) 249-9838

Spring Kiln Openings

Apr. 16–17, Seagrove
(800) 626-2672
www.discoverseagrove.com

17 | SUN.**Cycle Speedway**

World Championships
Bicycle racing
April 17–25, Edenton
(252) 312-9220
www.uscyclespeedway.com

19 | TUES.**Imani Winds**

Flutist performance
Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

21 | THURS.**"A Slice of Saturday Night"**

1960's musical
Fayetteville
(910) 483-5311
www.uncfsu.edu/theatre/
comingattractions.htm

22 | FRI.**Jubilate**

Easter egg hunt & carnival
Wilmington
(910) 251-5797
www.battleshipnc.com

BBQ Capital Cook-Off

Lexington
(336) 249-0383
www.uptownlexington.com

Herring Festival

Apr. 22–23, Jamesville
(252) 217-5363
www.ncherringfestival.com

23 | SAT.**BHA Easter Egg Hunt**

Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Observing a Moravian Easter

Old Salem
Winston-Salem
(336) 721-7350

Easter Egg Hunt

Huntersville
(704) 875-2312
www.lattaplantation.org

24 | SUN.**Easter Sunrise Service**

Chimney Rock
(828) 287-6113
www.chimneyrockpark.com

27 | WED.**Chamber Golf Tournament**

Zebulon
(919) 562-7069
www.rolesvillechamber.org

Wine & Food Weekend

Apr. 27–May 1, Beaufort
(252) 728-5225
www.beaufortwineandfood.com

29 | FRI.**Boogie on Broad**

Festivities include Embers concert
Edenton
(252) 562-2740
www.mainstreetedenton.com

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Greenville
(252) 439-1117
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Historic Edenton Pilgrimage

Apr. 29–30, Edenton
(800) 775-0111
www.visitedenton.com

Big Lick Truck & Tractor Pull

Apr. 29–30, Oakboro
(704) 485-4906
www.hinsonauction.com

Hog Fest

Apr. 29–30, Edenton
(252) 482-4057
www.chowanfair.org

Relay for Life

Apr. 29–30, Winterville
(252) 258-5087
www.relayforlife.org/pitt

30 | SAT.**BBQ Expo**

BBQ, arts, crafts & entertainment
Hendersonville
(828) 693-3461
www.facebook.com/BBQExpo

Paddle for the Border

South Mills
(252) 771-8333

Mad Hatter's Tea Party & Garden Tour

Wake Forest
(919) 556-5336
www.wfgardenclub.org

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Hendersonville
(828) 693-3461
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www.sheltonvineyards.com

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Mineral Springs
(704) 843-7070
www.queenscup.org

Woman's Club Spring Marketplace

Lexington
(336) 249-3907

Parade of Homes

Apr. 30–May 1, Greenville
(252) 329-4200
www.pittba.com

A Weekend with Will Allen

Program on farming
Apr. 30–May 1, Rutherfordton
(828) 287-6113
www.foothillsconnect.com

Shutterbugs

Nature photography workshop
Apr. 30–May 1, Chimney Rock
(828) 287-6113
www.chimneyrockpark.com

Listing Information**Deadlines:**

For June: April 25

For July: May 25

Submit Listings Online:

Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.



www.carolinacountry.com

Get advance tickets for the 60th Stoneybrook Steeplechase to be held April 9 at Carolina Horse Park in Hoke County. Go to www.carolinahorsepark.com



The 60th Stoneybrook Steeplechase runs April 9

HOKE COUNTY'S CAROLINA HORSE PARK EXPECTS RECORD-BREAKING ATTENDANCE

Whether it is the showstopper hat contest, the early morning 5K Run for the Ribbons, the tailgating competition, or the prized thoroughbreds jumping hurdles at breakneck speed, this year's 60th running of the Stoneybrook Steeplechase — held April 9 — has something for everyone.

General admission is \$15 in advance and reserved tailgate parking ranges

from \$75–\$450. All military will receive 20 percent off any level of admission.

This race is the cornerstone event at the Carolina Horse Park and attracts the best horses and jockeys from around the nation. Founded more than five decades ago, Stoneybrook moved to the Carolina Horse Park in 2001 and has seen phenomenal growth as competitors vie for top honors and part of the over \$50,000 purse.

Lumbee River EMC, the Touchstone Energy cooperative serving the horse park and the the region, is a sponsor of the event.

For this year's race day, a designated kids area will offer pony rides, a petting zoo, climbing wall and stick horse races, including a race with local celebrities. A 5K Run for the Ribbons will be held in the morning followed by the best of show hat contests, a tailgate contest, a Golden Knights demonstration and tribute to the troops, as well as The Shops @ Merchants Crossing.

As the largest sporting event in Hoke County, Stoneybrook's crowd topped 7,500 people last year with over 3,000 new faces from all over the state. "Most people come to see the horses, but they also come to make a day

All military will receive 20 percent off any level of admission.

of it," said Jane Murray, the executive director for the Park. "It's an all-day family affair, and a lot of people come just to have a day in the country."

Race Director Toby Edwards lauds the tradition behind this milestone 60th running of the Stoneybrook Steeplechase, but also commends the introduction of new events and the evolution of new community partnerships. One such partner, the Foundation of FirstHealth's Cancer Fund, will sponsor the second annual 5K Run for the Ribbons to support the needs of cancer patients in the local community.

The Carolina Horse Park Foundation (CHP) is North Carolina's premiere equestrian center for both national and international competitions and hosts a diverse calendar of equestrian and community events on over 250 acres of protected land. Founded in 1998 as a 501(c)(3) by a group of equestrian enthusiasts devoted to preserving open space and promoting equestrian competition, CHP encourages responsible land use and low density development. For more information visit www.carolinahorsepark.com



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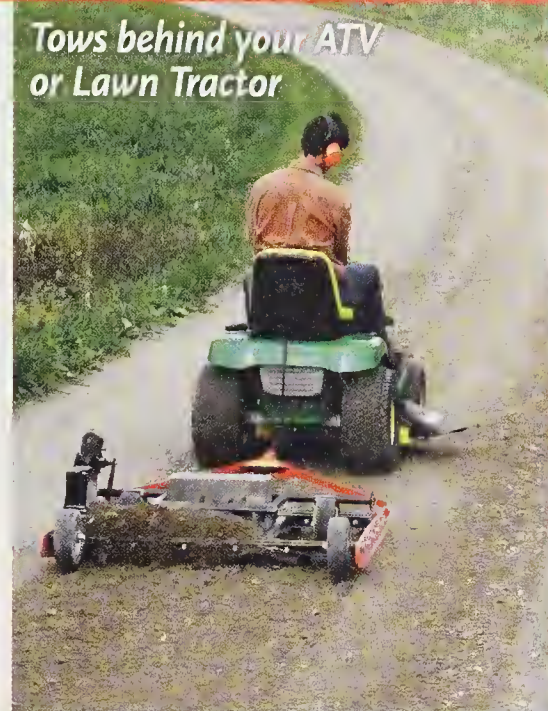
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51-65	\$339	\$579	\$589	\$819

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Age	M	F	Age	M	F
50	\$26	\$21	70	\$67	\$51
55	\$33	\$26	75	\$94	\$70
60	\$41	\$32	80	\$134	\$101
65	\$52	\$41	85	\$185	\$153

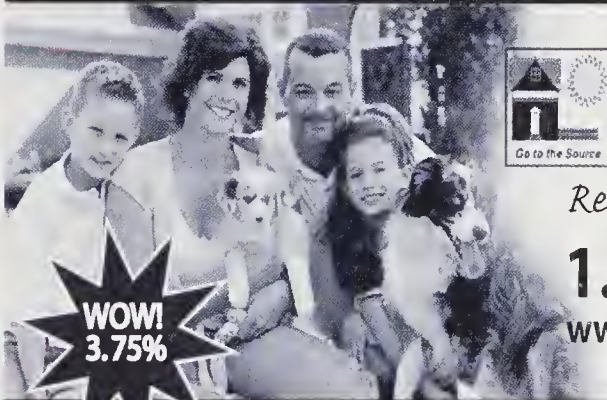
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\$75,000	\$554.77	15 YR. Fixed	4.00%	4.39%
\$125,000	\$916.80	15 YR. Fixed	3.875%	4.25%
\$200,000	\$1442.07	15 YR. Fixed	3.75%	3.90%

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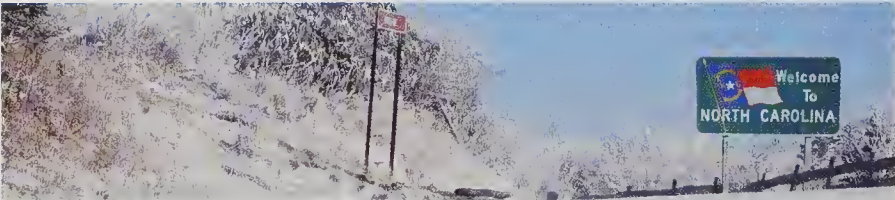
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	8	7			
E	P	I	A	G	
				8	
X				P	
	8	7			
S	P	R	I	N	G
A	G	B	G	R	
				7	
X				I	
			7		
B	E	G	I	N	S

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Given 8=P and I=7, can you replace the missing digits to find the value of SPRING BEGINS?



On entering I-40 beyond Asheville by mistake
GtT (Gone to Tennessee)
"Two roads diverged in the woods, and I—
I took the road more traveled by,"
—and had to travel ten miles more
to get back where I was before. —cgj

OUTSIDE CHANCE

There is AN outside chANce you cAN name most of these North Carolina counties.

A N _ _ _	_ A N _ _ _	_ _ _ _ _ A N _
_ A N _ _	_ _ _ _ A N _ _	_ _ _ _ _ A N _
_ _ _ A N	_ _ _ A N _ _ _	_ _ _ A N _ _ _
_ _ _ _ A N	_ A N _ _ _ _	_ _ A N _ _ _ A N _
_ _ A N _ _	_ _ _ _ _ A N _	
_ _ A N _ _	_ _ _ _ A N _ _	

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Getting To Know...

Sarah Dessen

Born: June 6, 1970 in Evanston, Ill.

Known for: New York Times best-selling novelist of teen and young adult literature

Accomplishments:

Sarah Dessen, who was raised in North Carolina, first dropped out of UNC-Greensboro before taking classes at UNC-Chapel Hill. There, she graduated in English with highest honors in creative writing. After graduation, she writes, "instead of doing the whole resume/pantyhose thing," she kept her waitressing job at a burrito restaurant to pursue publishing a novel. She wrote during the day and waited tables at night, and three years after graduating published her first book, "That Summer" to critical

acclaim. A year later, she was offered a teaching job, which she accepted. Her novels include "Just Listen" and "Along for the Ride." A 2003 movie, "How To Deal," was based on her first two books, "That Summer" and "Someone Like You," and starred singer/actress Mandy Moore. Many of Dessen's books are set in the fictional town of Lakeview and feature recurring locales and characters. Her 10th novel, "What Happened to Goodbye," will be out May 10. Her writing explores human relationships and themes of identity with sensitivity, insight and humor. Dessen lives in the country near Chapel Hill with her husband Jay, her daughter Sasha Clementine, some lizards and two dogs.

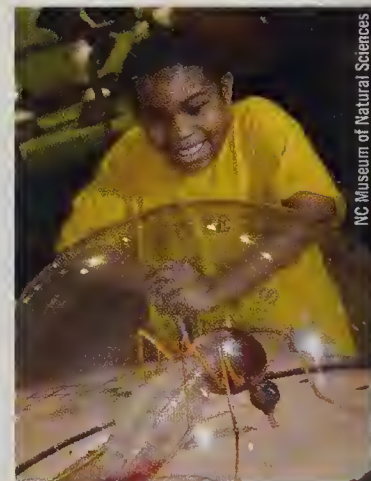
Quote: (on waitressing) "It was a great job for a writer. Endless conversations to eavesdrop, tons of material, and fast money without ever taking work home."



There's still time to be grossed out!

If you have ever wondered why cats spit up hairballs or dogs sniff each other's rear ends, you can get your answers at the *Animal Grossology* exhibit in Raleigh. The fun exhibit is at the N.C. Museum of Natural Sciences through Sunday, April 24. Animal Grossology takes a unique and scientific look at nature's creatures, using five titled themes: Blood Slurpers, Dookie Lovers, Slime Makers, Vomit Munchers and Other Gross Stuff. Tickets: \$8 adults; \$5 students and seniors; \$4 children (5–11); free

to members. Call the box office at (919) 733-7450, ext. 212, or visit www.naturalsciences.org.



tar heel lessons

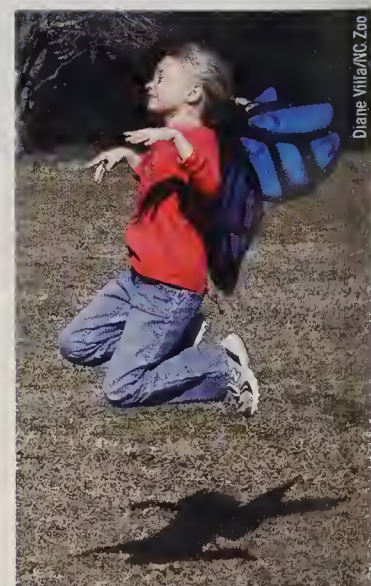
a guide to NC for teachers and students

Prevent nature-deficit disorder. Go outdoors!

Did you know that children who spend frequent, unstructured play time outdoors have been shown to be more intelligent

and cooperative and healthier to boot? There's even an organization that specifically lobbies for kids to spend time outside called the North Carolina Children and Nature Coalition. NCCAN! says results include closer families and happier kids who are more willing to protect the environment. NCCAN!, a lobbying coalition through the NC Zoo Society, has more than 100 partners across the state. Members include educators,

health care professionals, nonprofits, corporate partners and recreation specialists. NCCAN! plans several events this month, including a Let's Go Outside rally and march at the North Carolina Zoo in Asheboro on Saturday, April 9, that includes special speakers, animal characters and a kickoff of a zoo hiking trail program. For more information, visit www.ncchildrenandnature.org.



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Does air leak into or out of your house?

Here's how to find where it's coming from

Q: I just read a magazine article about reducing your energy bills, and it says I can save up to \$150 a year by spending about \$7 on foam gasket covers for electric outlets and some spray foam for sealing holes in the walls around outdoor faucets and wiring. Is this for real?

A: First, let me say that sealing these holes is a fine thing to do. It will cut down on drafts, make your house more comfortable and probably save a few bucks on your energy bills. I suppose it's possible that there are cases where someone can save that much by sealing wall holes—very cold, windy climates (northern Montana comes to mind) with very high fuel costs and a house with a lot of holes in the walls.

But for most homes in a mild climate like North Carolina's, you can expect much more modest results from these measures. There was a study in Texas a few years back that claimed to "prove" that installing foam outlet covers reduced heating and cooling costs by more than 25 percent. Unfortunately, several other studies have been done to verify the first one, and the savings are much, much, much lower.

When you think about it, any air that's getting into or out of your house around the electric boxes is getting in somewhere else first. Usually, it's coming in around the holes at the top or bottom of the wall where the wires go through. If your house was built in the last 10–15 years, it's likely that those holes are sealed, because it is a fire code requirement that has been actively enforced.

If your house is older than that, it's likely that those holes were not sealed. Going up in the attic and down into the crawlspace or basement to seal them will be much more valuable than the foam gaskets. But it's also a lot more work, and who wants to go into a dusty attic, balancing on narrow joists and looking for holes? Or worse, who




A well-insulated attic keeps air leaks from your ceilings and walls to a minimum.

wants to go down into a damp crawlspace, breathing mold and keeping an eye out for spiders?

Sealing air leaks can save lots of money, but usually the easy ones to get to are the least important. The holes in the top of the building are the most important, and while you're up there, look for the really big holes—such as open chases for duct work or plumbing or around chimneys, dropped ceilings above cabinets or showers or closets.

Do an Internet search on "attic bypasses" and you will find a lot of information on where to find these holes and how to cap and seal them. This stuff about big savings from small, easy fixes like outlet covers and caulking around windows has been circulating since the 1970s. The folks who write these things are well meaning, trying to give people something easy

to do. This is fine, as long as you're not disappointed when you don't see big changes on your bill.

If you don't want to risk falling through the ceiling or crawling through the muck under your house, there are people you can call. A number of small businesses have emerged offering these services. Every county has a Low Income Weatherization Program, with people trained to diagnose and fix these problems. Ask your electric cooperative or the N.C. State Energy Office where to find them: (800) 662-7131. In some areas, these programs use private contractors who will work directly for homeowners as well. 

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

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Peaches 'n' Cream Tart

- 1 cup finely chopped pecans
- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{2}$ cup butter, melted
- $\frac{1}{2}$ cup heavy whipping cream
- 1 package (8 ounces) cream cheese, softened
- $\frac{1}{3}$ cup sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon almond extract
- 1 teaspoon grated orange peel
- 1 can (16 ounces) sliced peaches, well drained
- $\frac{1}{2}$ cup fresh raspberries
- $\frac{1}{4}$ cup apricot preserves
- 2 tablespoons honey

In a small bowl, combine the pecans, flour and butter; press onto the bottom and up the sides of an ungreased 9-inch tart pan with removable bottom. Place pan on a baking sheet. Bake at 350 degrees for 25–30 minutes or until golden brown. Cool completely on a wire rack.

In a chilled small mixing bowl, beat cream until soft peaks form; set aside. In another small mixing bowl, beat cream cheese and sugar until fluffy. Add extracts and orange peel, mix well. Beat in the whipped cream on low speed. Spoon into crust. Refrigerate for 2–4 hours.

Just before serving, arrange peaches and raspberries over filling. In a small saucepan or microwave, melt preserves and honey; mix well. Carefully spoon or brush over fruit. Cut into wedges to serve. Refrigerate leftovers.

Yield: 6–8 servings



Makeover Tempting Tortellini & Ham

- 1 package (9 ounces) refrigerated cheese tortellini
- 1 cup chopped fresh broccoli
- $\frac{1}{4}$ cup reduced-fat butter, cubed
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup fat-free milk
- $\frac{1}{4}$ cup half-and-half cream
- $1\frac{1}{2}$ cups cubed fully cooked lean ham
- 4 ounces reduced-fat cream cheese, cubed
- $\frac{1}{2}$ cup grated Parmigiano-Reggiano cheese
- 1 teaspoon dried basil
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon pepper
- 1 medium tomato, seeded and chopped

In a large saucepan, cook tortellini according to package directions, adding the broccoli during the last 5 minutes of cooking.

In a large nonstick skillet over medium heat, melt butter. Stir in flour until smooth; gradually add milk and cream. Bring to a boil; cook and stir for 1 minute or until thickened.

Add the ham, cheeses, basil, garlic powder and pepper; cook and stir until cream cheese is melted. Stir in tomato. Drain tortellini mixture; add to the pan and heat through.

Yield: 6 servings



Au Gratin Red Potatoes

- 2 pounds red potatoes, peeled and sliced
- 2 cups plus 2 tablespoons fat-free milk, divided
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 3 tablespoons all-purpose flour
- $\frac{1}{2}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup shredded Parmesan cheese
- 2 tablespoons toasted wheat germ
- $\frac{1}{2}$ teaspoon olive oil

In a large saucepan, combine the potatoes, 2 cups milk, garlic and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 8–10 minutes or until potatoes are tender. With a slotted spoon, remove potatoes to a $1\frac{1}{2}$ quart baking dish coated with nonstick cooking spray.

In a small bowl, combine flour and remaining milk until smooth; stir into hot milk mixture. Bring to a boil; cook and stir in cheddar cheese until melted. Pour over potatoes; sprinkle with Parmesan. Combine wheat germ and oil; sprinkle over top.

Cover and bake at 375 degrees for 20 minutes. Uncover; bake 5–10 minutes longer or until lightly browned and heated through. Let stand for 10 minutes before serving.

From Your Kitchen

To-Die-For Beef Roast

- 1 beef roast (any kind)
- 1 envelope Hidden Valley Ranch salad dressing mix
- 1 envelope brown gravy mix
- 1 envelope Italian dressing mix
- $\frac{1}{2}$ cup warm water

Place roast in crockpot. Mix contents of all 3 envelopes and sprinkle over roast. Pour water into the bottom of the crockpot. Cover and cook on low for 6–7 hours. (This will depend on the size of roast you are using.)

Pamela Nicholson of Mebane, a member of Piedmont EMC, will receive \$25 for submitting this recipe.

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Electric, cordless yard tools cost less to use

By Jim Duley

Using electric or cordless tools makes more sense than using gasoline-powered ones for many reasons. Obviously, the United States has to import huge amounts of oil to make gasoline. Anything a homeowner can do to use less gasoline is good. If you have access to an electric outlet outdoors, plug-in tools offer lighter weight and more power than cordless ones.

Electric or cordless tools also cost much less to use than gasoline tools. For example, a cordless lawn mower can cut a one-third acre lot for roughly 10 cents' worth of electricity to charge the battery—usually an overnight charge at a rate of 45 to 90 watts depending upon the battery voltage.

Battery types

There are differences in the life, weight, cost and effectiveness of various types of rechargeable batteries for cordless tools. The four basic types of batteries used are lead-acid, nickel-cadmium, nickel metal-hydride and lithium-ion.

Lead-acid batteries are used in cordless lawn mowers because they can store the most charge. Lead-acid batteries are also relatively inexpensive for the amount of power they can store. Their drawback is heavy weight. In a tool such as a lawn mower that rests on wheels, this is not a major problem.

Don't automatically look for the highest voltage tool with the most power.

For hand-held yard tools, having a lead-acid battery hanging on the handle could wear out your arm quickly.

Ni-Cd (nickel-cadmium) batteries were used on the earliest cordless tools and most tools still use them. They are relatively inexpensive, and they maintain their performance at cooler temperatures—important for tools used outdoors. Ni-Cd batteries are relatively heavy, so they are not often used on the highest voltage cordless tools.

Ni-Mh (nickel metal-hydride) batteries can store more electricity for the weight. They are more expensive to make than Ni-Cds so they are used on fewer cordless tools. They are ideal for indoor use but tend to lose runtime in colder outdoor temperatures. Also, their life (run/recharge cycle) is less than for Ni-Cd batteries.

Li-ion (lithium-ion) batteries are the most expensive but also the lightest for the power they can store. Li-ion batteries operate very well at cold temperatures, so they are effective for outdoor use. Some take longer to charge than Ni-Cd or Ni-Mh batteries, so they may not be the best choice if you are constantly running them down and trying to recharge them quickly. Having a second battery pack on the charger is a good idea.




This 36-volt lawn mower has a removable battery, cuts a 19-inch path and weighs 72 pounds.

Don't necessarily look for the highest voltage tool with the most power. No matter what type of battery, higher voltage means more battery weight. If you primarily do light shrub trimming or drill small holes in soft wood, lower-voltage is your best choice.

Lawn mowers

Most of the newer rechargeable cordless lawn mowers are designed to have enough electric charge to cut the typical one third-acre lot. This is assuming a medium length grass—perhaps one-week growth maximum. With no maintenance, cordless mowers are easy and quick to use. However, they are somewhat heavier than a gasoline-powered mower.

Compared to 24-volt cordless mowers, the 36-volt models provide additional power to cut a wider path, which reduces cutting time. For convenience, select a model with a removable battery. You can store the mower in a shed and keep the battery in the garage for charging. Black and Decker has introduced a self-propelled, 36-volt cordless mower. It has a variable-speed motor to drive the wheels so you can set a comfortable walking speed. 

James Duley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Resources

These companies offer cordless lawn mowers/tools

Black & Decker

(800) 544-6986

www.blackanddecker.com

Homelite

(800) 242-4672

www.homelite.com

Husqvarna

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www.husqvarna.com

Neuton

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Hands-on museums aim to fascinate and educate kids

Whether you are planning an all-out cross-country vacation or a more frugal “staycation,” opportunities for learning and fun abound for children at science and children’s museums.

The number of children’s museums in the U.S. has grown from 38 in 1975 to more than 243 by 2010. And more than 75 new museums are in the planning phase.

Reciprocity programs

Many museums in the U.S. are connected through reciprocity programs. So, a one-year membership at the museum you purchase now may just get you a free or reduced admission later at partner museums elsewhere. Children’s museums in 41 states and the District of Columbia participate in the Association of Children’s Museums Reciprocal Program. Participating North Carolina museums include Children @ Play in Kitty Hawk and Exploration Station in Lumberton. You can view a full list of participating museums for this program by state at www.childrensmuseums.org/visit/reciprocal.htm. America’s science museums also have a reciprocity program that gives free general admission to members for more than 300 museums nationwide. North Carolina museums that participate include The Health Adventure in Asheville and Schiele Museum of Natural History and Planetarium in Gastonia. Visit www.astc.org/members/passlist.htm to view a list of participating museums.

Making the most of your visit

Call ahead or visit a children’s museum website beforehand to learn about seasonal programs, traveling exhibits and special admission days.

Upon arrival, check the daily performance and activity schedules, and study the floor plan map.

Let your child be the guide. While it may be tempting to nudge your child into every exhibit and activity in order to get the full “value” of the museum, your child may prefer quality over quantity.

N.C. museum sampler

Here are just a few of North Carolina’s many science and children’s museums that emphasize interactivity and hands-on learning. To find more, the North Carolina Museum Council’s website provides comprehensive, linked lists of science and children’s museums. You can also view lists by cities or counties. www.ncmuseums.org

■ Aurora Fossil Museum, Aurora

Exhibits focus on prehistoric man, ocean life 15 million or more years ago and geological formations. The museum boasts a large collection of fossils from the nearby PCS Phosphate mine. Kids and adults enjoy digging in the “Pit of the Pungo,” a fossil pile where one might discover the remains of ancient sharks, whales, bony fish, corals, shells and other invertebrates. (252) 322-4238 or www.aurorafossilmuseum.com

■ Discovery Place, Charlotte


A \$31.6 million renovation completed last June has filled Discovery Place’s halls with all-new interactive exhibits and activities. Here, you can launch objects into the air, lie on a bed of nails, use a laser to listen to secret messages, and conduct real-world science experiments in labs. Finish your day by putting yourself in the movies at The Charlotte Observer IMAX Dome Theatre. (704) 372-6261 or www.discoveryplace.org



■ Catawba Science Center, Hickory

This science and technology museum offers more than 18,000 square feet of exhibit space for visitors to explore physical, natural and earth sciences. Aquarium galleries take visitors through immersive freshwater and marine habitats, with opportunities to touch live creatures, including sharks and stingrays. A high-tech planetarium theater features astronomy talks and rotating digital presentations with state-of-the-art surround sound. (828) 322-8169 or www.catawbascience.org

■ Kidzu, Chapel Hill

This fun facility includes three creation zones, all powered by children’s imaginations: the “Green Thumb” Garden-to-Table Market, where children can learn about nature and are invited to plant, tend and harvest produce; the “Build-A-Dream” Construction Zone, where kids are can plan and build their own buildings and communities; and “Kidoodle Moodle” Art Studio, where children can create art to take home as well as learn about textile art and murals. (919) 933-1455 or www.kidzuchildrensmuseum.org 

Compiled by South Dakota’s Cooperative Connections staff and Karen Olson House, a contributing editor at Carolina Country magazine.

Save money and the environment by driving “green”

Gas prices across the United States are continuing to climb, with this year's price of regular-grade gasoline projected to exceed \$3.50 this summer. More than ever, it makes sense to drive as “green” as possible by conserving gas usage daily as well as during summer driving vacations.

Making a few changes to driving practices can lead to better gas mileage and help you combat rising prices. At the same time, reducing fuel you use improves air quality. According to the North Carolina Department of Transportation's “Drive Green, Save Green” program, motor vehicles account for about half of all greenhouse gas emissions in North Carolina, and up to 70 percent in urban areas.


Ways to cut gas consumption

These tips can add up to almost \$1,000 per year in estimated savings:

- Tighten your fuel cap. This easy step prevents leakage from the gas tank that can amount to 30 gallons a year.
- Rid your car of excess junk. An extra 100 pounds in your vehicle reduces gas mileage by 2 percent.
- Use cruise control and eliminate abrupt stops and starts. Relying on cruise control when suitable can save up to 60 gallons of gas for every 10,000 miles traveled, while sudden starting and stopping can increase fuel consumption by 40 percent.
- Maintain air filters. A clogged air filter can reduce mileage by 10 percent.



Good car maintenance boosts the mileage you get from a tank of gas.

- Change your oil regularly and check tire pressure. Clean oil increases fuel economy by 1 to 2 percent, while tire pressure that is too low could cost you an extra tank of gas annually.
- Consider carpooling. To find a carpool partner near you, visit www.sharetheridenc.org. This website says it will use your home and work addresses to match you to nearby commuters with similar schedules, but your home address will not appear on match lists. When you receive your list of matches, you may choose who to contact.
- Consider walking or bicycling more. For information on how to get around by foot or bike in North Carolina, as well as free local, regional and alternative highway maps, visit www.ncdot.gov/bikeped/travelingfoot and www.ncdot.gov/bikeped/bicycle.
- Drivers can learn more by visiting NCDOT's Drive Green, Save Green website at www.ncdot.gov/programs/drivegreen. 

—Karen Olson House

Calculating your carbon footprint

It has been estimated that if just half of drivers practiced moderate levels of eco-driving, CO₂ emissions could be reduced annually by about 100 million tons, or the rough equivalent of heating and powering 8.5 million households.

The website at www.ecodrivingusa.com provides a calculator where you can calculate your estimated individual use of CO₂ or calculate a state's emissions. (According to the calculator, if everyone in North Carolina were an eco-driver, emissions would be reduced by 6,256,500 tons of CO₂.)

The website also offers free, downloadable materials, including fact sheets, an eight-page EcoDriving manual and an eco-driving poster. And kids, especially, will like taking the simulated road test, designed to educate drivers about more economic driving measures.

Idling myth

Contrary to popular belief, restarting your car does not burn more fuel than leaving it idling. Idling for just 10 seconds wastes more gas than restarting the engine.

Source: Environmental Defense Fund

Easy ways to make new garden beds

by Joanna McKenzie

Welcome Spring! It's the time of year we say goodbye to winter doldrums and hello to spring with its warmth and growth. I find it a great time of year to focus on preparing for the new growing season. Will you grow new varieties, start a new garden or flowerbed, or expand your existing growing areas?

My answers to these questions are yes, yes, and again yes. I have already completed my favorite preseason indoor planting from seeds, a late winter hobby I've developed due to having young children in need of projects to help pass the winter days. We started our standard varieties of garden fare, our selection of tomatoes, peppers and lettuces. To add an element of fun, I let the children pick a few new members for our garden family. This year we will be joined by Kohlrabi, watermelons and a selection of mixed pumpkin-style gourds. As our plants began erupting on the workbench under the florescent work lights, I knew we would need more room in our backyard garden and flowerbeds to accommodate our expanded selections.

New beds: two methods to try

There are options for making new beds or garden areas without removing and disposing of your yard's sod.

One is a cardboard composting method where the sod could be cut and turned over, then covered or layered with wet cardboard. This method is better than using newspaper, because the corrugated nature of the cardboard allows it to breath and makes for a quicker decomposition process. The cardboard can biodegrade and compost into the soil, but will still keep most of the grass from coming back up through. Once the cardboard and sod are layered, add a mixture of both clean soil and peat moss. This mixture produces a very solid growth medium for a first-year bed.

Another option is to cut the sod, flip it over, then cover with garden cloth. Layer the garden cloth with the soil



Once the cardboard and sod are layered, add a mixture of both clean soil and peat moss. You can make a slit in the soil layer and into the cardboard or cloth to insert your seeds or seedling plants, and then press the soil down firmly around them.

and peat moss mixture and wet the entire area. This takes less time and seems to better contour to the natural lay of the ground, making for a bed or garden that appears more natural and pleasing to the eye the first year.

With either of these easy bed or garden bases, you only need to make a slit in the cardboard or cloth to insert your seeds or seedling plants, and then press the soil down firmly around them. The cardboard and the cloth gardens both hold moisture nicely and will provide a simple way to expand your beds or garden with little effort.

The following tips will help in the preparation:

- Cardboard is readily available for free upon request at most grocery or big box type stores.

- Garden cloth is available at most garden centers and hardware stores, and is easily staked in place temporarily before you add the soil and peat mixture.

- A serrated kitchen or steak knife makes an easy tool for cutting the planting holes.

- Be sure to water often after your initial planting to keep the area moist, but not sopping wet.

- Weeding and removing grass sprouts will be minimal the first year, and then is even less needed in the following years. 🌱

Joanna McKenzie, a North Carolina native, is a freelance writer with extensive experience in flower and vegetable gardening. She participates in the 4H Clubs of America and various other gardening groups and forums.

Carolina country *Adventures*



Carolina Country Adventures



From one end to the other, North Carolina is about as diverse as any state in the nation. We've got hard gemstones in the west, soft crabs on the coast and red clay in the middle. The tobacco we grow in the mountains is different than what we grow in the east. What we live in, how we drive, what we eat and how we talk varies from one region to another.

Our annual Touchstone Energy Travel Guide encourages you to experience this variety firsthand.

This year, we offer you six great travel stories about interesting areas in the mountains, Piedmont and coast. We've also updated the primary sources of general information about regions in our resource listings. The adventures we offer may be familiar to you, or they may not. In any case, each holds the promise for a lot of travel fun.

As you make your way through this guide and through the countryside, you can be assured that a Touchstone Energy cooperative is nearby.

Thanks to everyone who helped us compile this guide, and to our sponsors: the cooperatives and the advertisers on pages 36 to 38.



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Writers

Renee C. Gannon
Michael E.C. Gery
Karen Olson House
Tara Verna

Designers

Warren Kessler
Tara Verna
Linda Van de Zande

Advertising

Jennifer Boedart Hoey
Jenny Lloyd

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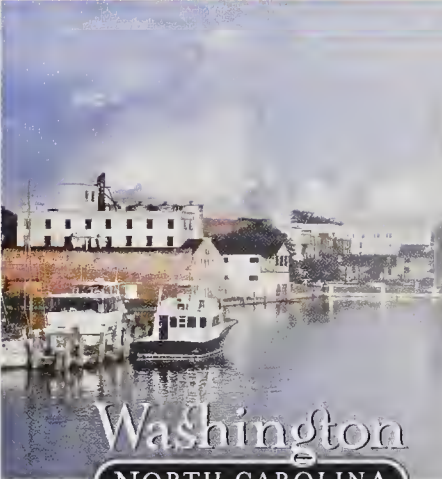
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Carolina Country Adventures

By Karen Olson House



Great Smoky Mountains Railroad

Outside the historic depot, a small band of local musicians plucked old-time mountain tunes as we head toward the train. As we passed by each railcar, clutching our tickets, our sense of adventure grew. When we climbed aboard our ticketed section, families and couples were busy settling jackets on claimed seats. In short order, our train car attendant, Brenda, welcomed us, outlined our trip and answered passenger questions. (We were not likely to spot a bear, it seemed, but we were sure to see hog dogs, hamburgers and snacks in the concession car.).

The bell crossing signal began a'clanging, the big, ol' lonesome whistle blew, and kids and adults alike immediately broke out big grins. We were off!

Welcome to the Great Smoky Mountains Railroad. All train trips leave from Bryson City, N.C. (not to be confused with Bryson, Tenn.). For our trip, we chose the Nantahala Gorge excursion. This four-and-a-half-hour trip travels along the little Tennessee and Nantahala rivers and cuts across Fontana Lake. Our journey included a horseshoe curve, crossing the Fontana Lake Trestle, glimpses of houseboats on the pretty lake, and a fun, one-hour layover at the Nantahala Outdoor Center, where you can purchase gear, eat riverside at Slow Joe's café, or simply watch kayakers roll and twirl in the suds.

For 2011, the Nantahala Gorge excursion is offered almost all of this year. Another popular excursion, the

Tennessee River trip, travels to Dillsboro. The four-hour roundtrip includes an hour-and-a-half layover in the historic village, enough time to eat and visit some shops. This year, this trip's dates are May 28–29, and (Tuesdays through Sundays) June 14–July 28 and August 2–13. For the above excursions, in every month available except October, fares range from \$49 to \$92 for adults, and from free admission to \$20 for infants and from \$29 to \$54 for children. (Leaf peepers in October pay slightly more.)

GMSR offers an impressive, revolving array of other trips and events, including river raft 'n' rail packages. In past years, GSMR trips have also included special dinner theme trains, including wine and beer tastings and mystery the-

ater, for adults. Scheduled 2011 trips include the Peanuts Easter Beagle this month on April 22–23, Lone Ranger events on June 10–12 and Day Out With Thomas™ activities July 22–24 and 29–31. Fall and winter will bring the Peanuts Pumpkin Patch Express and the Polar Express.

With so many options, GSMR's trips and dates vary. Call GSMR or visit its website for specifics. www.GSMR.com or (800) 872-4681.

Bryson City

Since trains start and end here, this colorful town, located about an hour west of Asheville, is strongly associated with the railroad. But outdoor lovers also know it as a gateway to the Great Smoky Mountains National Park. For rafting, there are a slew of outfitters. The one that partners with the railroad, Wildwater Ltd., can arrange several trips on several rivers, as well as zipline canopy tours and unique overnight lodging in yurts. For river tubing, outfitters are stationed outside the park's entrance. For hiking, many people like the Deep Creek hike for its accessible waterfalls, and the trail-head, just inside the Park's entrance, less than three miles from downtown. www.greatsmokies.com or (800) 867-9246.

Shops & restaurants

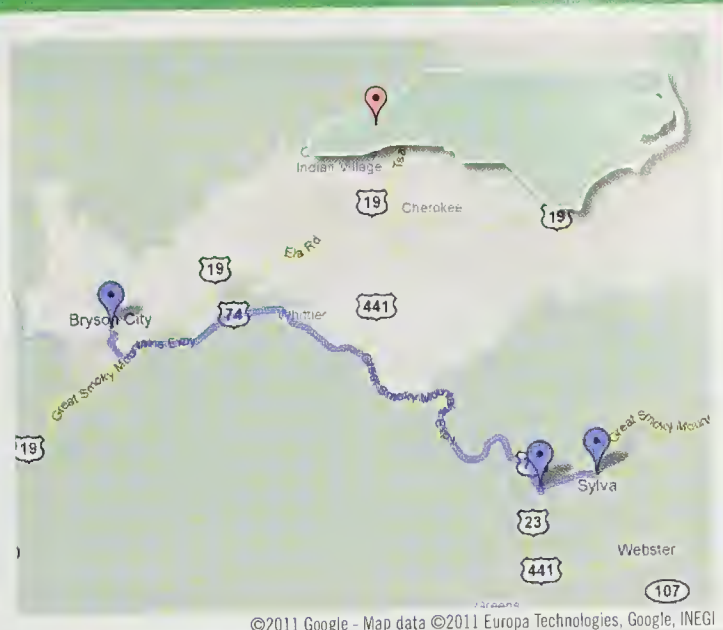
Downtown, some shops feature nature books and mountain lore while others showcase local handicrafts. Near Main and River streets, there's an especially good antique store called Charleston Station. Other enjoyable shops include Madison's (across the street), and Humanité and Appalachian Mercantile, both on Everett Street. Good food options include Jimmie Mac's for fine, fresh dining, Soda Pops, a 1950s-style shop that serves egg creams and malts, and Naber's Drive-In, an authentic car-hop joint.

Train museum

Located next to the train depot, Smoky Mountain Trains boasts an impressive collection of 7,000 model Lionel engines, cars and accessories. You can revel in nostalgia-inducing train cars such as the 1932 Blue Comet (one of Lionel's most classic train sets) and enjoy two intricately detailed model train villages. Kids, especially, enjoy controlling moving trains on one huge interactive layout, complete with a waterfall and dark tunnels. The gift shop sells train novelties. Museum admission: \$9 adults; \$5 children. (Admission is free with almost all GSMR train trips.)

Dillsboro

The train doesn't originate here anymore. But whether you come here by GSMR's excursion train for the hour and a half layover here, or to spend more time, this historic little village offers a lot. If you've got a free morning or afternoon head for its scenic riverfront park, where you can fish or launch a kayak in the Tuckaseegee River.



Shops & restaurants

Or follow your nose to Dillsboro Chocolate Factory on Church Street. You'll come face to face with custom-made candies, truffles and an espresso bar, along with gourmet coffees and teas. Food lovers can also sample wine and homemade dip mixes at Country Traditions (be sure to check out its Man Cave room). On Front Street, Bradley's General Store has an old-time soda fountain, local honey and antiques, and the Kitchen Shop sells clever tools for baking and cooking. Dogwood Crafters showcases more than 80 artisans. Art lovers can also watch artisans at work at Tree House Pottery or sift through dazzling beads at Riverwood Pottery, one of the retail gems at Riverwood Shops, a short stroll away. And Nancy Tut's Christmas Shop is open year-round.

Fun eateries include the Whistle Stop Café, near the depot, and the Dillsboro Smokehouse. Food is served family-style at the relaxing Jarrett House, an historic inn fondly known for its vinegar pie. www.visitdillsboro.org or (828) 586-1439.



For more information see Mountain Area travel resources starting on page 52.

Sylva

The train doesn't stop here at all. But Sylva, just two or so minutes east of Dillsboro by car and about 10 minutes from Western Carolina University in Cullowee, is definitely worth a mention. Its little downtown is loaded with interesting spots, including Hookers Fly Shop & Guide Service, City Lights bookstore, Lulu's café (for gourmet dining), In Your Ear Music Emporium and Sapphire Mountain Brewing Company, which offers craft beers, wood-fired pizzas and live music in its attractive stone courtyard. Parents will appreciate the beanbag chairs and children's playspace in its upstairs "Mustang Room" for families.

For more about Sylva, as well as Dillsboro visit www.mountainlovers.com or call (800) 962-1911.

Carolina Country Adventures

By Tara Verna



Land of the Sky: Looking beyond Asheville

With more than 200 mountain summits and peaks in Buncombe County, it's easy to understand the Asheville area's high-flying nickname, "Land of the Sky." Between the Blue Ridge Mountains and Parkway, it's even easier to pinpoint some of North Carolina's most scenic attractions. Although top-ranked Asheville certainly merits a visit, set aside some time to explore a few of the nearby sites that sometimes fall under the radar.

Black Mountain

Often labeled the "front porch of the western mountains," the friendly, artsy, small-town atmosphere of Black Mountain welcomes visitors to the Blue Ridge Mountains. Less than 20 minutes from Asheville, Black Mountain offers a thriving local music and art scene, dozens of restaurants worth their salt, and serves as a solid base camp for visiting many area attractions, including the ones that follow. Plan ahead to catch one of the following festivals during your visit: L.E.A.F. Festival, Sourwood Festival, Art in Bloom and more.

Shops & restaurants

Black Mountain is known for its artisans—local craftspeople often demonstrate their skills at iron works, dulcimer making, and throwing pottery. Song of the Wood off of West State Street specializes in handmade hammered dulci-

mers, one of the world's most ancient musical instruments. And the Old Depot Gallery gives mountain crafters a place to sell their original crafts including pottery.

Gaze into your loved one's eyes over dinner in Cheshire Village amid mountain scenery on The Blackbird's patio while listening to a local band. Try the juicy porkchops and the custard coconut cake. Families may opt for My Father's Pizza, a local favorite with an atmosphere-enhancing view of downtown from the patio. www.blackmountain.org or (800) 669-2301.

WNC Nature Center

Only 15 minutes west of Black Mountain lies a small, shady gem of a zoo, ideal for families. The 42-acre Western North Carolina Nature Center (WNC) exists to help preserve the plants and animals native to the southern Appalachian region. More than 200 animals call the center home including black bears, otters, red wolves, butterflies and bobcats.

In the Nature Lab and Educational Farm with petting area, children can touch a corn snake, hold a turtle or stroke angora, presheared.

The center provides a home for animals that were injured or have “imprinted” on people and cannot be returned to the wild. It is one of only 46 facilities in the country participating in the Red Wolf re-introduction program.

The center is open year round with both indoor and outdoor exhibits. www.wildwnc.org or (828) 298-5600.

Folk Art Center

Not even five minutes from the nature center you’ll find the most popular attraction on the Blue Ridge Parkway—a place that ushers in more than 250,000 visitors each year. The bright and airy Folk Art Center showcases Appalachian culture and craft through events, exhibitions and shopping. In addition to an Eastern National bookstore with Parkway souvenirs and a Blue Ridge Parkway information desk, the center also houses three galleries, a library and the century-old Allanstand Craft Shop. Beginning in March each year, visitors can see live craft demonstrations daily in the Folk Art Center lobby. www.southernhighlandguild.org or (828) 298-7928.

The Blue Ridge Parkway

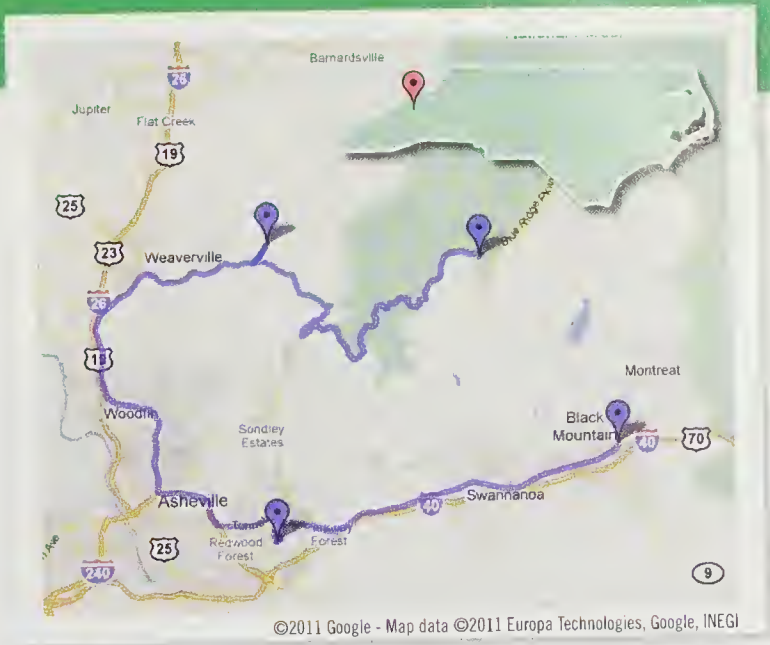
Several roads lead to your next stop, Vance Birthplace. However, avoid regrets by taking “America’s Favorite Drive,” the Blue Ridge Parkway. This 469-mile scenic drive runs through the Blue Ridge Mountains from Shenandoah National Park in Virginia to the Great Smoky Mountains National Park in Cherokee, NC. The Parkway climbs to 6,000 feet in elevation just south of Asheville.

In winter, parts of the parkway may be closed, but views are stunning through leafless trees. In spring and summer, colorful foliage and flowers beckon from the roadsides while waterfalls glisten and glow in the sunlight. In fall, trees crackle with color and you may even glimpse a meteor shower called the Orionids that begins in early October. www.blueridgeparkway.org or (828) 298-0398.

Vance Birthplace

Head 20 minutes north up the picturesque Blue Ridge Parkway to take in this N.C. State Historic Site—the birthplace of Zebulon Baird Vance. Rugged, dynamic and controversial, Vance rose to political popularity as a Civil War officer, three-time North Carolina governor, and U.S. senator.

Nestled in the Reems Creek Valley and surrounded by the Blue Ridge Mountains, this pioneer farmstead consists of a five-room log house with original chimneys and six outbuildings styled to resemble those built 1793–1840. There is also a visitor center with a small gift shop that offers mostly handmade items. No admission fees charged,



but donations are appreciated. Open Tuesday–Saturday from 9 a.m.–5 p.m. www.nchistoricsites.com/vance/vance.htm or (828) 645-6706.

Hungry? Head into Weaverville (10-minute drive) and stop by the Well-Bred Bakery and Café. Try a chocolate éclair, a ginger Florentine or a pecan praline cookie. Stay for the live music on Fridays and Saturdays. Leave with a fresh loaf of olive oil rosemary bread.

Craggy Gardens

Don’t look down! The half-hour drive up and up and up the Blue Ridge Parkway to Craggy Gardens may feel like a never-ending coaster climb, but it will end, once you reach nearly 5,892 feet in elevation that is!

Drive to the Visitor Center and its stunning views of southern Appalachian ridges to the east and west. Take the Craggy Pinnacle trail (1.5-miles roundtrip, moderate) through rhododendron tunnels, gnarled sweet birch trees and wildflowers. The 360-degree view at the top will leave you speechless. The blueberries along the trail offer a late-summer snack.

Bring a picnic and visit Craggy Gardens in June and July to drink in the sea of robust pink and purple Catawba rhododendrons. You can also find violets, May-apples, Turkscap lilies and blackberries. In the fall, view bright red berries on mountain ash while winter brings icy coatings to twisted trees.

The high elevation of Craggy Gardens causes temperature drops of 10–20 degrees, and the exposed rocky surfaces of these peaks allow many endangered plants to grow. Protect rare foliage by staying on designated trails.

Can’t get enough of mountain heights? Only a half-hour away, Mount Mitchell (elevation 6,684) is the highest point in North America east of the Mississippi River. www.blueridgeheritage.com/attractions-destination/craggy-gardens or (828) 298-5330.

For more information see Mountain Area travel resources starting on page 52.



Carolina Country Adventures

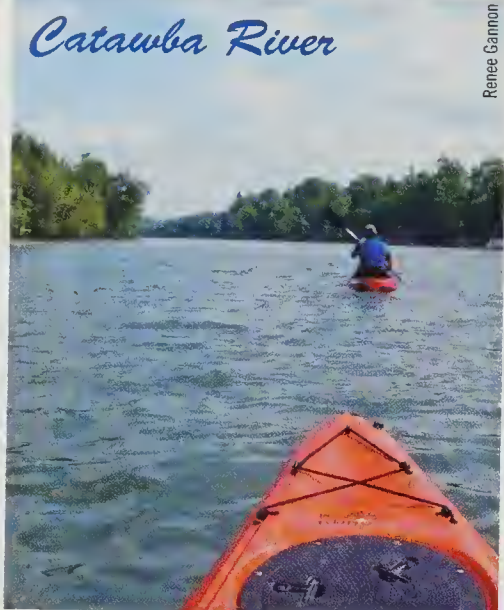
By Renee Gannon

Crowders Mountain



Renee Gannon

Catawba River



Renee Gannon

U.S. National Whitewater Center



Gaston CVB



Gaston CVB

U.S. National Whitewater Center

Gaston County: Beyond the bright lights of the big city

Just west of Charlotte lies Gaston County, an area built by a textile industry that harvested power from the Catawba and South Fork rivers to turn its spindles. Today, outdoor activity takes place on those same waterways, and life in the mill towns turns at a more leisurely pace. These mill towns include McAdenville, whose Christmas light display dates back to 1956 and now includes 450,000 bulbs and 400 trees. What's one of the most popular destinations in the county? Mary Jo's Cloth Store in Gastonia, where kids playing a game of U.S. license plate tag could spend an entire day in its parking lot. The rivers and streams also provide catfish for the many fish camp restaurants in the area, where you could eat at a different camp each day of the month.

Raise your pulse

Nestled on 400 wooded acres between Mount Holly and Charlotte, and along the edges of the Catawba River, is the U.S. National Whitewater Center (USNWC), an official Olympic training site. What you first notice when walking into the USNWC is the concrete. The USNWC features

a multiple-channel, customizable whitewater river that can be enjoyed by all skill levels. It is the largest manmade whitewater river in the country.

Since the center opened in 2006, more than 1.6 million visitors have tested the whitewater course by raft or kayak, hiked or biked the 14 miles of trails, ascended the outdoor

climbing wall that features a 46-foot spire, faced fears of falling on the high and low ropes courses upwards to 40-foot high, ridden the almost 1,200-foot zip line or taken the step off the 35-foot-high zip line Mega Jump. Visitors also join in Eco trekking and flatwater kayaking on the Catawba River.

The whitewater rafting courses grab your attention, with the rumbling, crashing water, rafters' laughter and screams, and shouted commands of the guides. Depending on the rafting group, the center's skilled guides can provide a ride from easy to exhilarating, racing through grades II to IV rapids, all with the help of the rafters.

The center is family and pet friendly, features a restaurant on-site as well as a retail store and rentals for all activities. www.usnwc.org or (704) 391-3900.

Only have a few hours for an outdoor adventure? Try flatwater kayaking on the Catawba River with NC Flatwater Outfitters or hike a trail up Crowders Mountain.

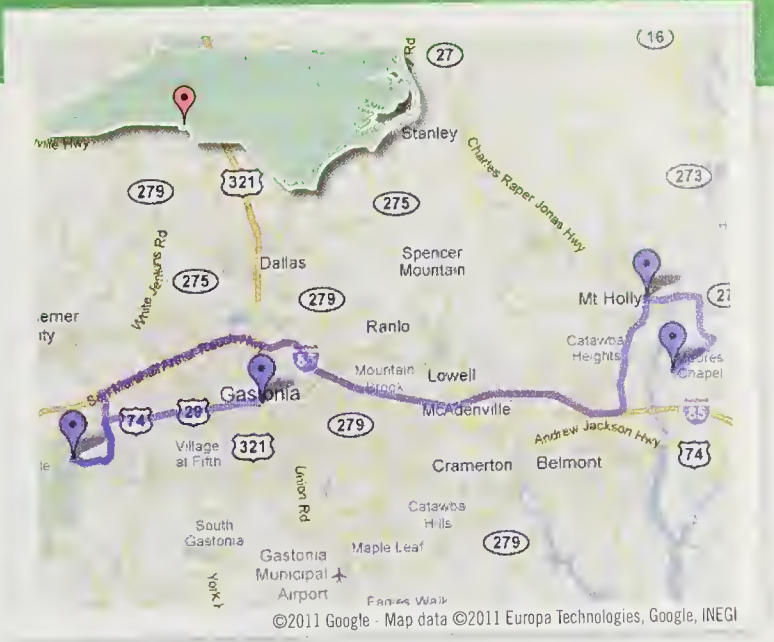
NC Flatwater Outfitters launches canoes, single and tandem kayaks from Tailrace Marina in Mount Holly, and provides year-round paddling along the many channels found on the Catawba River. Skill levels can be from non-existent to expert — you just need to stay in the kayak and know how to paddle to enjoy the quiet, scenic wildlife along the river and around Sandler Island. www.ncflatwateroutfitters.com or (704) 827-0000.

If a non-water activity is your idea of outdoors, then hike Crowders Mountain, with its rugged peaks rising 800 feet above Kings Mountain. With 15 miles of trails, ranging from easy to strenuous, about 500,000 visitors a year walk through this state park to reach the Overlook, which features a 150-foot sheer vertical drop with an open view to watch raptors fly in and out of the trees, and King's Pinnacle, the highest point in Gaston County, with a 20-mile panoramic view of the Piedmont area.

The park offers camping and picnicking sites, boating on a manmade 9-acre lake, rock climbing areas, environmental education classes and a nature center. www.crowdersmountain.com or (704) 853-5375.

Looking for a place to unwind after kayaking or hiking? Need to replenish a few calories? Head to historic Tony's Ice Cream in downtown Gastonia to try one of the 28 homemade ice cream flavors made in the plant next door or grab a bite to eat from the grill. Tony's has been a local favorite since 1915, starting as an ice cream cart-then-truck business before settling into its present location in 1947. The restaurant still has a nostalgic feel and is now run by a third generation of the Coletta family. www.tonysicecream.com or (704) 853-0018.

For more information see Western Piedmont travel resources starting on page 53.



Lower your pulse

The area's communities boast a thriving arts scene, local museums, the historic Belmont Drive-In, Belmont Abbey (the first abbey cathedral in the country), a liberal arts college, a natural history museum celebrating its 50th year, and a nationally acclaimed botanical garden.

Started from the personal collection of founder Rudolph "Bud" Schiele, the Schiele Museum of Natural History in Gastonia boasts the largest collection of land mammal specimens in the Southeast, from raccoons to buffalo. It features five permanent exhibit halls, rotating exhibits and the James Lynn Planetarium. The museum also offers a 1-mile walk around the museum grounds that features the area's Stone Age heritage, a recreated Catawba Indian Village and an 18th-century farm. The farm shows how settlers and Indians learned to live with their environment. The museum houses the largest collection of Catawba Indian pottery outside of the Smithsonian. www.schielemuseum.org or (704) 866-6908.

The Daniel Stowe Botanical Garden serves as another relaxation adventure. Located on 450 acres along Lake Wylie just south of Belmont, the complex includes an orchid conservatory, nine themed garden areas, water fountains, a half-mile woodland trail and a visitor pavilion. www.dsbg.org or (704) 825-4490.



Carolina Country Adventures

By Karen Olson House



Spize Cafe

Food Tours in The Triangle

It was a rainy day, but that didn't stop our Saturday afternoon tour. No one's spirits seemed dampened either—on the contrary, our group of about 12 seemed almost giddy with mouth-watering anticipation.

Dos Taquitos Centro

Our food tour in downtown Raleigh began inside Dos Taquitos Centro. Housed in a 100-year-old building on Wilmington Street, this urban Mexican eatery serves creative food with flair. Our group was soon given agua frescas, a simple, refreshing blend of water, fruit and sometimes sugar. We greedily sipped the pineapple-flavored beverage while Amy, our tour guide, had us introduce ourselves.

She explained that Taste Carolina Gourmet Food Tours, the company coordinating the tour, varies its sites and our itinerary would include five other stops. We would alternately walk and take the city's free R Line bus that circulates downtown. Dos Taquitos Centro staff then served us decent-sized samples of homemade corn tortillas in creamy salsa verde topped with two poached eggs. One person allergic to dairy enjoyed mixed greens tossed with cilantro vinaigrette, topped with toasted pepitas, and served with mango instead.

18 Seaboard

Next, we walked a few blocks to 18 Seaboard, headed by chef Jason Smith, who once worked with award-winning master chefs like Ben Barker and TV personality Tom Colicchio. Today, he met us at the elegant, contemporary bar and handed out desserts to sample, including a scrumptious candy-cane crème fraiche. As we ate, he shared restaurant information and his personal bio, including an enlightening stint at a science research station in Antarctica, where he cooked for more than 1,300 hungry residents.

Market

Next stop was Market, on N. Blount Street in the historic Mordecai neighborhood. As we walked, Amy occasionally stopped to share tidbits about historic buildings, such as venerable Peace College. Speaking of history, Market's building used to house a laundromat. Today, it

sports soothing green walls, pendant lights and wooden tables, which combine to create a hip, “green” vibe. As we munched our turkey loaf with braised potato and sipped a smooth, delectable crab and brie soup, we learned Market’s chef, Chad McIntyre, is a passionate advocate for using organic ingredients grown in North Carolina soil.

Escazu

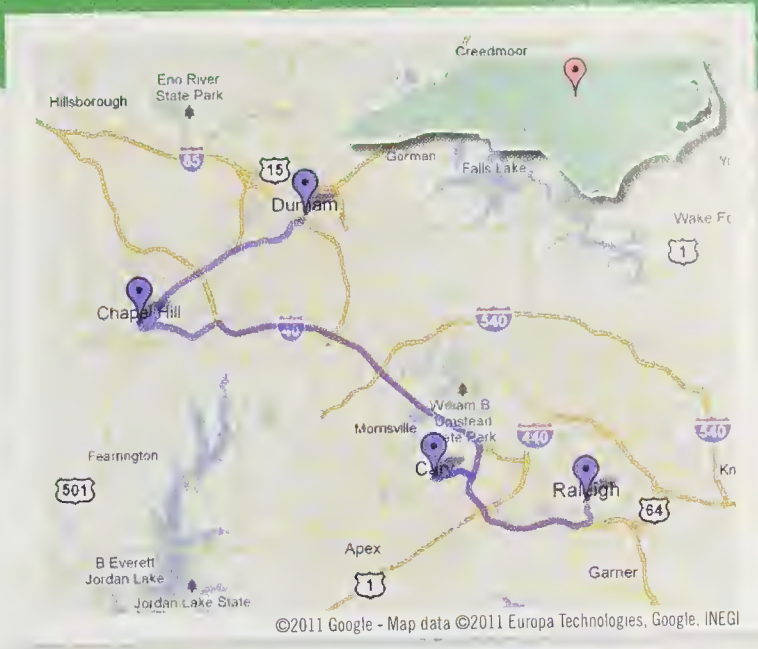
Then we strolled next door to Escazu, a chocolate “factory” and retail store. It is only one of a dozen like it in the U.S. because Escazu’s chocolatiers handcraft from start to finish. This means they source, sort, roast, winnow and grind cocoa beans. The resulting chocolate is then aged, tempered and poured into bars or handcrafted into truffles and confections. Hallot Parson, the shop’s co-founder, gave us a great kitchen tour that included sampling raw cocoa beans and marveling at white chunks of pure cocoa butter as large as landscape rocks. We learned that white chocolate is made from the same cocoa beans as dark chocolate, but it simply has more milk and sugar. Oh, and that if you are craving chocolate per se, go for the cocoa-rich dark chocolates for more satisfaction per bite. Escazu’s bars, made with Venezuelan and Costa Rican beans, include those flavored with chipotle chilis and pumpkin seeds. Its confection flavors include tamarind habanero and even bacon. Before we left, we savored tangy samples of goat’s milk chocolates.

Spize Cafe

We then caught the R Line bus toward Spize Cafe, a Thai and Vietnamese restaurant on Fayetteville Street. There, we downed a delicious concoction of chicken, carrot and peanut sauce and a flavorful soup with galangal root, mushrooms, cilantro and tofu. The chef, Meechai Kowae, has a dual mission: serving fresh pan-Asian fare while remaining eco-friendly. Spize’s tabletops are made of repurposed marble that he reclaimed from a nearby building, and its recycled paper trays and tableware are made of corn byproducts. With no mechanical dishwasher in its kitchen, the restaurant’s monthly water bill of \$200 a month is low, indeed.

Busy Bee Cafe

Our last stop was Busy Bee Cafe on Wilmington Street, a block from where the tour began. There, staff gave us tater tots (yum!) and a choice of stout beer or mocha hot chocolate. As we polished off our treats, we received one last surprise: cupcakes, including carrot and lemon flavors, sent from the Cupcake Shoppe Bakery on Glenwood Avenue. The pretty cupcakes were delightfully dense with a real sense of heft, and a sweet ending to our tour.



Tour info

The Raleigh tour costs \$41. Taste Carolina Gourmet Food Tours has similar tours in Durham, and Chapel Hill/Carrboro, as well as themed tours with titles like Brews Cruise and Sweet Indulgence Stroll. www.tastecarolina.net or (919) 237-2254

For more information see Eastern Piedmont travel resources starting on page 54.



Other Triangle tour operators

At least one other company, Triangle Food Tour, also offers culinary tours in the Triangle area. Its website lists tours at \$30 per person, including two in Raleigh (a global cuisine tour on Saturday afternoons and a comfort food tour on Thursday mornings); along with tours in Durham, Chapel Hill, Carrboro and Cary. www.trianglefoodtour.com or (919) 319-5674.

Asheville, Charlotte tours

Asheville Food Tours offers tours in downtown Asheville and Biltmore Village. (828) 273-0365 or www.ashevillefoodtours.com. In Charlotte, there are two food tours, one of which combines bicycle riding with food tastings. www.charlotteurbanadventures.com or (704) 962-4548.

Carolina Country Adventures

By Michael E.C. Gery



Marc's District: The great northeast

It would be hard to find a more diverse region than N.C. Senate District No. 1. Everything from alligators to yellowlegs, Algonquian to Latinos, and orange trees to redbay trees thrive here. After the first English colony got “lost” on Roanoke Island in 1587, adventurers from the Virginia Tidewater tromped through the dismal swamp to hide here from oppressors. These “renegades” included escaped slaves, Quakers, criminals on the run and visionary pioneers. They got along well with the local Indians for a good 50 years. Meantime, such adventurers as shipwrecked sailors turned up on the Outer Banks. At the beginning of the Civil War, newly freed slaves came to the first Freedman’s Colony on Roanoke Island. In short, the area has more or less accepted anyone who wanders in.

These adventures are all an easy drive from the Outer Banks beach resorts. So if you’re on vacation at the beach, take a day or two to see some of this.

Where to start

The place to start is the Museum of the Albemarle in Elizabeth City. Recently opened in its beautiful new building on the waterfront, the MOA gives the best overview of the region’s culture. Elizabeth City itself is going through a renaissance on the Pasquotank.

Natural areas

You can’t get more natural than the expansive wildlife

refuges here — from Mackay’s Island in Currituck down through Pea Island on Hatteras, then on the mainland to Alligator River and Pocosin Lakes (a Roanoke Island visitor center is under construction), Mattamuskeet and Swan Quarter. The birds are amazing. A new wildlife education center is open near Whalehead Club in Corolla. Partnership for the Sounds (partnershipforthesounds.org) offers information and programs for attractions in Beaufort, Hyde and Tyrrell counties.

Attractions

Seven lighthouses in this region welcome visitors. Four are near the beach: Currituck, Bodie Island (under repair), Cape Hatteras and Ocracoke. Three “river lights” are inland: Roanoke Marshes in Manteo, Roanoke River in Plymouth, and Roanoke River in Edenton (under restoration).

The National Park Service manages Outer Banks historic sites and beaches: The Wright Brothers Memorial, Fort Raleigh (home of “The Lost Colony”), and Cape Hatteras National Seashore.

Chicamacomico Lifesaving Station in Rodanthe on Hatteras—privately managed—is great fun for kids. So is the state-maintained Elizabeth II 16th century replica ship in Manteo.

A grand opening is scheduled this summer at the rebuilt historic landmark Jennette’s Pier in Nags Head, destroyed by a hurricane in 2003. More than a fishing pier, it contains super educational exhibits and much more.

Off the beaten path

Many places here are as delightful to get to as they are to see and experience. The N.C. Historic Site of Somerset Place near Creswell shows authentic 19th century plantation life. Nearby is Lake Phelps and Pettigrew State Park.

Lake Landing historic district leading to Lake Mattamuskeet in Hyde County takes you through serenely beautiful agricultural and fishing areas.

After a visit to Historic Bath (the state’s oldest town), take the ferry over to Aurora and check out the fossil museum. Kids love it.

The little-known Palmetto-Peartree Preserve in northern Tyrrell County offers as good a wilderness experience as you can get.

Good food

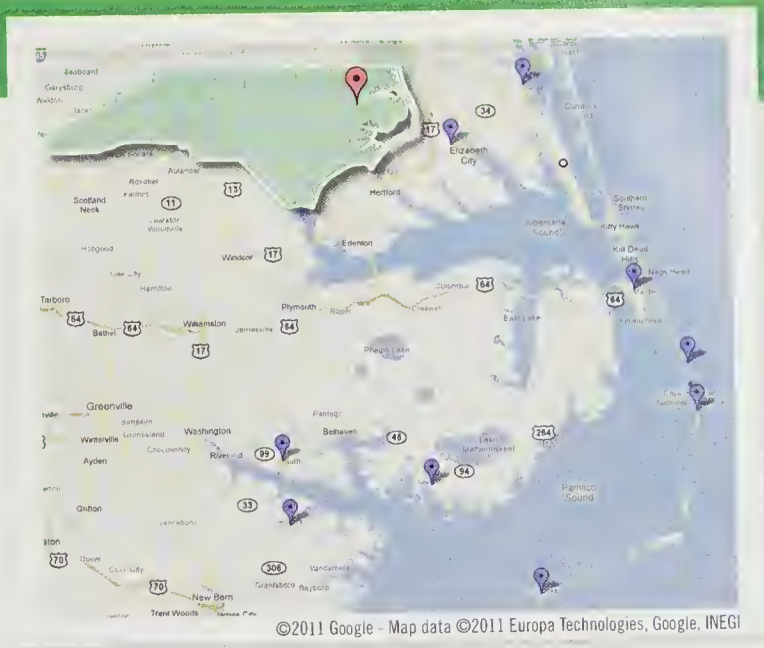
Basnight’s Lone Cedar Café: Dinner nightly at 4:30 and Sunday brunch 10 a.m.–3 p.m. overlooking Roanoke Sound on the Nags Head Causeway. You’ll get all local seafood and a chance to greet Marc Basnight. (252) 441-5405.

Back Bay Café/Words & Wine: Tucked quietly near the Belhaven waterfront is the Back Bay Café, with seasonal and unusual specials plus gourmet wines, beers and cheeses, and lots of books. Thursday 11:30 a.m.–4 p.m., Friday and Saturday 11:30 a.m.–8:30 p.m., Sunday 11:30 a.m.–3 p.m. (252) 944-2870.

Cypress Creek Grill: On the Elizabeth City waterfront and close to everything. Local seafood, Creole, Tex-Mex. Lunch and dinner Monday–Friday, dinner Saturday. (252) 334-9915.



For more information see Northern Coastland travel resources starting on page 56.



Marc Basnight country

By the time he retired from the N.C. Senate soon after his re-election in 2010, “Marc” (as everyone here knows him) made an indelible mark of his own in his district. He represented this area for 26 years, 17 of them as president pro tem of the senate, a record in that top job. He was by most accounts the most powerful and effective politician in the state.

You can’t go far here without seeing Marc’s marks. The main reason he could get so much done was that his constituents loved and respected him almost as much as he loved and respected them. The region today resembles the one where Marc grew up only because he and allies tried to preserve its natural surroundings, its historical places and its traditional culture. Otherwise, anyone who might have left here when Marc was first elected in 1984, and who might return today, would be utterly amazed at the development that has taken place.

Marc’s district comprises about 3,300 square miles of land, and about the same area of water. Year-round population is about 159,000. The eight counties include some of the state’s lowest in population (Camden, Hyde, Tyrrell, Washington) and some of the highest in household income (Camden again, Currituck, Dare), and two smack in the middle ranks (Beaufort, Pasquotank).

The 4-hour drive Marc made to Raleigh in the early years has been cut to 3 hours, thanks largely to his work. But travelers may still take the slower route along old sections of Hwy. 64, Hwy. 264, Hwy. 17 and Hwy. 12 to see much of what Marc adores about his native country.

Carolina Country Adventures

By Renee Gannon

Downtown Wilmington



Credit: Renee Gannon

Bellamy Mansion



Bellamy Mansion Museum

Masonboro Island



Cape Fear Coast CVB

Port City Adventures: Wilmington and the lower Cape Fear region

The fall of Fort Fisher (south of the city at the mouth of the Cape Fear River) on Jan. 15, 1865, saved Wilmington from the destructive fate other Southern cities such as Atlanta and Charleston faced. The 230-block historic district combined with the area's 31 miles of island beaches, makes the region a year-round destination.

Visitors enjoy river cruises and historic tours by foot, trolley and even by Segway. Several tours feature television and movie set locations in and around the city. Those looking for a little kick to the usual tour should try one of several ghost tours, including the Haunted Pub Crawl.

The string of islands offers Wrightsville Beach and its famous Johnny Mercer fishing pier, Carolina Beach, with its revitalized boardwalk area and state park, and Kure Beach, a family favorite for generations. Just south of Kure Beach lies Fort Fisher State Historic Park and Recreation Area and the Fort Fisher State Aquarium.

Visitors to the Wilmington area spend time shopping, sight-seeing, hiking nature trails, learning at nature camps and surf camps, kayaking, fishing or just walking the beach looking for shells and worn glass.

Food offerings are in abundance, from local favorites like the Pier House in Kure Beach to the white tablecloths at the Pilot House on Wilmington's Riverfront, with Carolina Beach landmark Britt's Donuts in between.

Downtown Wilmington

One way to become acclimated to downtown Wilmington is by taking one of the many tours available.

"Tell them 'the Carriage Man sent me!'" is often heard from the horse-drawn carriage of the Springbrook Farms trolley and carriage tour when he points out a place to visit. The tour company's rescued Percheron draft horses pull the carriage through the downtown district streets while a costumed driver provides historic and cultural tidbits about the region. Seven different 30-minute tours

are offered. Carriage Man John is often holding the reins on the tours. He offers non-stop entertainment combining history and a few jokes that you cannot help but chuckle at, no matter how bad. He even lets riders know when to say "Ah!" at little-known facts. Tours start on Market Street, between Water and Front streets. www.horsedrawntours.com or (910) 251-8889.

Historic homes in the downtown district are on the carriage man's must-see list. Three homes, the Latimer House, the Burgwin-Wright House and Gardens and the Bellamy Mansion, offer a three-historic-homes passport ticket for \$24, instead of the usual \$10 for each house.

Earlier this year, The Bellamy Mansion opened the restored original slave quarters. Enslaved black artisans built the Bellamy mansion more than 150 years ago. The property tour offers an interpretive history of the Bellamy family, the enslaved builders and the Federal troops that occupied the property, and it discusses historic preservation, as well as design arts and the home's gardens. www.bellamymansion.org or (910) 251-3700.

The Victorian-style Latimer House offers a look at Wilmington life before the Civil War, with 14 rooms open and furnished for the 1850s. www.hslcf.org or (910) 762-0492.

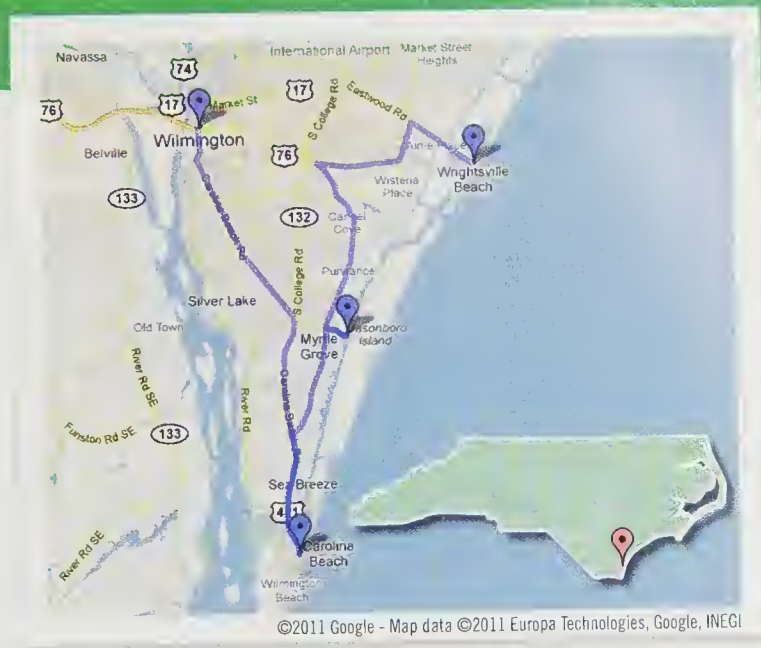
The Georgian-style Burgwin-Wright House and Gardens dates back to 1770, when the home was built using an old jail as its foundation. Lord Cornwallis occupied the house during the Revolutionary War. www.burgwinwriighthouse.com or (910) 762-0570.

The coastal environment

Wrightsville Beach, east of Wilmington, is known for its 5 miles of beach, shopping areas, seafood restaurants and concrete fishing pier. Wrightsville Beach is also closest to Masonboro Island, the largest undisturbed barrier island found on the southern end of Wrightsville Beach.

You can access this island, one of just 10 N.C. Coastal Reserves, only by boat. A protected natural resource, the island's dunes, grassy flats, marsh and shoreline allow fishing, birding, shelling and nature trails. If you are looking for fun and a nature lesson, a few outdoor companies provide expeditions to and from the island. One is run by the Cape Fear Naturalist, Captain Joe Abbate, whose eco-tour educates you on coastal habitats and the ecosystem of the lower Cape Fear region. www.capefearnaturalist.com or (910) 200-4002.

Farther south of Wilmington and over the Snow's Cut Bridge lies Pleasure Island, with Carolina Beach, Kure Beach and the Fort Fisher State Park. Wide beach areas,



More sights and sounds

Other Cape Fear Coast attractions include the Battleship North Carolina, the most-decorated ship in World War II, which is celebrating its 50th year of calling the Cape Fear River home. www.battleshipnc.com

Poplar Grove Plantation, just north of downtown Wilmington, is the oldest peanut plantation in the country. In 2011, the plantation hosts living history programs to celebrate its 30 years of teaching N.C. heritage. www.poplargrove.com or (910) 686-9518.

Wilmington's Cape Fear Museum of History and Science is the oldest history museum in the state. www.capefearmuseum.com or (910) 798-4350. The Children's Museum of Wilmington offers a break for families. www.playwilmington.org or (910) 254-3534.

And for the nature lovers, Zeke's Island, also one of 10 N.C. Coastal Reserves, can be found at the end of Pleasure Island in the Cape Fear River basin. Local expedition companies lead eco-tours of the island as does Fort Fisher Aquarium, where you can also learn about the mysterious Fort Fisher Hermit. www.ncaquariums.com/fort-fisher or (910) 458-8257.

fishing, a family friendly boardwalk, a just-opened disc golf course, a Civil War site and a state Aquarium are some of the attractions.

The 7-mile island boasts one of the few remaining habitats for the endangered Venus flytrap, with one of the best viewing spots on the half-mile loop at Carolina Beach State Park. The park offers 6 miles of hiking trails, camping and picnic sites, a marina with boat slips at the junction of Snow's Cut and the Cape Fear River, and a visitor's center. www.ncparks.gov/visit/parks/cabe/main.php or (910) 458-8206.

For more information see *Southern Coastland travel resources* starting on page 55.



Carolina Country Adventures

Craggy Gardens



Mountain Area

Alexander County

(828) 632-8141
www.alexandercountychamber.com
www.visitalexandercounty.com

Alleghany County Chamber

(800) 372-5473
336-372-5473
www.sparta-nc.com

Andrews Chamber

(877) 558-0005/(828) 321-3584
www.andrewschambercommerce.com

Ashe County Chamber

(888) 343-2743/(836) 846-9550
www.ashechamber.com

Asheville CVB

(828) 258-6101
www.exploreasheville.com

Avery/Banner Elk

(800) 972-2183/(828) 898-5605
www.averycounty.com

Beech Mountain Chamber

(800) 468-5506/(828) 387-9283
www.beechmtn.com

Black Mountain

(800) 669-2301/(828) 669-2300
www.exploreblackmountain.com

Blowing Rock

(877) 750-INFO(4636)
(828) 295-4636
www.blowingrock.com

Blue Ridge Parkway

469-mile scenic highway
(828) 298-0398
www.blueridgeparkway.org

Boone CVB

(800) 852-9506/(828) 266-1345
www.exploreboonearea.com

Brevard/Transylvania County Tourism

Brevard-Transylvania Chamber
(800) 648-4523/(828) 883-3700
www.visitwaterfalls.com
www.TC150.com

Burke County Chamber of Commerce

(828) 437-3021
www.burkecounty.org

Burke County Tourism Development Authority

(888) 462-2921/(828) 433-6793
www.discoverburkecounty.com

Caldwell County Chamber

(828) 726-0323
www.explorecaledwell.com

Cashiers Area

(828) 743-5191
www.cashiersnorthcarolina.com

Catawba County

(828) 328-6111
www.catawbachamber.org

Cherokee County

(828) 837-2242
www.cherokeecounty-chamber.com

Cherokee

(800) 438-1601
www.cherokee-nc.com

Clay County Chamber

(877) 389-3704/(828) 389-3704
www.claycounty-nc-chamber.com

Cleveland County Chamber

(704) 482-7882/(704) 487-8521
www.tourclevelandcounty.com
www.clevelandchamber.org

Dillsboro Merchants Assn

(828) 631-0156
www.visitdillsboro.org

Franklin Chamber/Macon County

(866) 372-5546/(828) 524-3161
www.visitfranklinnc.com

Graham County Travel & Tourism

(800) 470-3790/(828) 479-3790
www.grahamcountytravel.com

Haywood County Chamber

(828) 456-3021
www.haywood-nc.com

Haywood County/Maggie Valley/Waynesville

Gateway to the Smokies
(800) 334-9036/(828) 452-0152
www.smokeymountains.net

Henderson County Travel & Tourism

(800) 828-4244/(828) 693-9708
www.historichendersonville.org

Greater Hendersonville Chamber

(828) 692-1413
www.hendersonvillechamber.org

Hickory Metro CVB & Regional Visitors Center

(800) 509-2444/(828) 322-1335
www.hickorymetro.com

Hickory Nut Gorge

(877) 625-2725/(828) 625-2725
www.hickorynut.org

High Country Host Visitor Center

Travel and accommodations information
(800) 438-7500/(828) 264-1299
www.mountainsofnc.com

Highlands Chamber & Visitors Center

(866) 526-5841/(828) 526-2114
www.highlandschamber.org

Jackson County Travel & Tourism

(800) 962-1911/(828) 586-2155
www.mountainlovers.com

Lincolnton-Lincoln County

(704) 735-3096
www.lincolinchambernc.org

Madison County Visitor Center

(877) 262-3476/(828) 680-9031
www.visitmadisoncounty.com

Maggie Valley Area CVB

(800) 624-4431/(828) 926-1686
www.maggievalley.org

McDowell Chamber

(828) 652-4240
www.mcdowellchamber.com

McDowell Tourism Development Authority, Old Fort

(888) 233-6111/(828) 668-4282
www.mcdowellinc.org

Mitchell County Chamber, Spruce Pine

(800) 227-3912/(828) 765-9483
www.mitchell-county.com

Mooreville CVB

(877) 661-1234/ (704) 799-2400
www.racecityusa.org

NC Welcome Center

(I-40 West, Waynesville)
(800) VISITNC
www.visitnc.com

North Wilkesboro

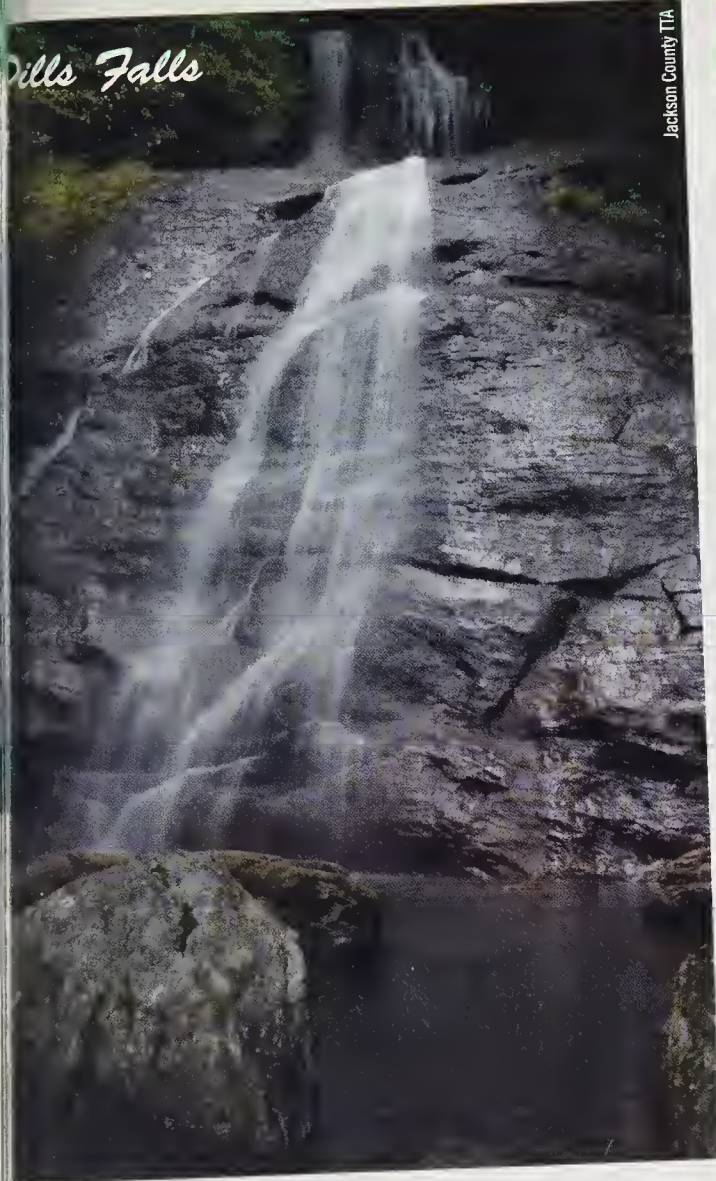
(336) 667-7129
www.north-wilkesboro.com

Old Fort Chamber

(828) 668-7223
www.oldfortchamber.com
www.oldfort.org

Hills Falls

Jackson County TTA



Schiele Museum



Jackson County TTA

Polk County Chamber
(828) 859-6236
www.carolinafoothillschamber.com

Polk County Visitors Center, Tryon
(800) 440-7848/(828) 894-2324
www.firstpeaknc.com

Rutherford County Chamber
(828) 287-3090
www.rutherfordcoc.org

Rutherford County Visitor Center
(800) 849-5998/(828) 287-6113
www.rutherfordtourism.com

Statesville CVB
(877) 531-1819/(704) 878-3480
www.visitstatesville.org

Smoky Mountain Host
Guide to attractions,
accommodations
(800) 432-4678/(829) 369-9606
www.visitsmokies.org

Swain County Chamber of Commerce Welcome Center
(800) 867-9246/(828) 488-3681
www.greatsmokies.com

Wilkes County Chamber
(336) 838-8662
www.explorewilkes.com

Wilkesboro Tourism Development Authority
(336) 838-3951
www.wilkesboronorthcarolina.com

Yancey County-Burnsville Chamber
(800) 948-1632/(828) 682-7413
www.yanceychamber.com

Yancey County-Burnsville Chamber
(800) 948-1632/(828) 682-7413
www.yanceychamber.com

Western Piedmont

Anson County Chamber (Wadesboro)
(704) 694-4181
www.ansoncounty.org

Anson County Tourism Development Authority
(704) 681-5087
www.discoveranson.com

Archdale-Trinity Chamber
(336) 434-2073
www.archdaletrinitychamber.com

Belmont Chamber
(704) 825-5307
www.montcrossareachamber.com

Bessemer City Chamber
(704) 629-3900
www.bessemercity.com

Cabarrus County CVB
(800) 848-3740/(704) 782-4340
www.visitcabarrus.com

Central Park NC
(910) 428-9001
www.centralparknc.org
www.starworksnc.org

Charlotte Chamber
(704) 378-1300
www.charlottechamber.org

Charlotte CVB
(800) 722-1994/(704) 334-2282
www.charlottesgotalot.com

Cherryville Chamber
(704) 435-3451
www.cherryvillechamber.com
www.cityofcherryville.com

Davidson County
(866) 604-2389/(336) 236-4218
www.visitdavidsoncounty.com
www.visitlexingtonnc.com

Davie County Chamber
(336) 751-3304
www.daviechamber.com

Denton Area Chamber
(336) 859-5922
www.dentonnorthcarolina.com

Eden Chamber
(336) 623-3336
www.edenchamber.com

Elkin-Jonesville Chamber
(877) SAVORYV/(336) 526-1111
www.yadkinvalley.org

Gaston County Chamber
(800) 348-8461/(704) 864-2621
www.gastonchamber.com

Gaston County Travel & Tourism
(800) 849-9994/(704) 825-4044
www.visitgaston.org

Greensboro Area Chamber
(336) 387-8300
www.greensboro.org

Greensboro Area Convention and Visitors Bureau
(800) 344-2282/(336) 274-2282
www.visitgreensboro.com

High Point Chamber
(336) 882-5000
www.highpointchamber.org

High Point Convention and Visitors Bureau
(800) 720-5255/(336) 884-5255
www.highpoint.org

Kernersville Chamber
(336) 993-4521
www.kernersvillenc.com

King Chamber
(336) 983-9308
www.kingnc.com

Lexington Area Chamber and Visitors Center
(866) 604-2389/(336) 236-4218
www.visitlexingtonnc.com
www.uptownlexington.com

Marshville Chamber
(704) 624-3183
www.marshvillenc.com

Matthews Chamber
(704) 847-3649
www.matthewschamber.com

Carolina Country Adventures



Mint Hill
(704) 545-9726
www.minthill.com

Monroe Tourism & Visitors Bureau
(704) 282-4542
www.visitmonroenc.org

Greater Mount Airy
(800) 948-0949/(336) 786-6116
www.visitmayberry.com

Piedmont Triad Visitors Center
(800) 388-9830/(336) 388-9830

Piedmont Triad
(800) 669-4556/(336) 668-4556
www.piedmonttriadnc.com

Randolph County, Heart of North Carolina Visitors Bureau
(800) 626-2672/(336) 626-0364
www.heartofnorthcarolina.com

Reidsville Chamber
(336) 349-8481
www.reidsvillechamber.org

Rowan County Chamber
(704) 633-4221
www.rowanchamber.com

Rowan County CVB
(800) 332-2343/(704) 638-3100
www.visitsalisburync.com

Stanly County Chamber
(704) 982-8116
www.stanlychamber.org

Stanly County CVB
(800) 650-1476/(704) 986-2583
www.visitstanly.com

Stokes County
(336) 593-2496
www.visitstokesnc.com

Surry County Tourism Development Authority
(877) 999-8390/(336) 401-8390
www.versurry.com

Thomasville Visitors Center
(800) 611-9907/(336) 472-4422
www.thomasvilletourism.com

Union County Chamber
(704) 289-4567
www.unioncountycoc.com

Winston-Salem Visitor Center
(866) 728-4200/(336) 728-4200
www.visitwinstonsalem.com



Yadkin County Chamber
1-877-4YADKIN (1-877-492-3546)/
(336) 679-2200
www.yadkinchamber.org

Clayton Chamber
(919) 553-6352
www.claytonchamber.com

Dunn Area Tourism Authority
(910) 892-3282
www.dunntourism.org

Durham CVB
(800) 446-8604/(919) 687-0288
www.durham-nc.com

Greater Durham Chamber
(919) 328-8700
www.durhamchamber.org

Erwin Area Chamber
(910) 897-7300
www.erwinchamber.org

Fayetteville Area CVB
(800) 255-8217/(910) 483-5311
www.visitfayettevillenc.com

Franklin County
(919) 496-3056
www.franklin-chamber.org

Fuquay-Varina Area
(919) 552-4947
www.fuquay-varina.com

Garner Chamber
(919) 772-6440
www.garnerchamber.com

Garner
(919) 772-6440
www.ci.garner.nc.us

Granville County Chamber
(919) 693-6125/(919) 528-4994
www.granville-chamber.com

Hillsborough/Orange County Chamber
(919) 732-8156
www.hillsboroughchamber.com

Historic Hillsborough/Orange County Visitors Center
(919) 732-7741
www.visithillsboroughnc.com

Eastern Piedmont

Angier Chamber
(919) 639-2500
www.angierchamber.org

Apex Chamber
(800) 345-4504/(919) 362-6456
www.apexchamber.com

Benson Chamber
(919) 894-3825
www.benson-chamber.com
www.bensonmuledays.com

Burlington/Alamance CVB
(800) 637-3804/(336) 570-1444
www.visitalamance.com

Capital Area Visitor Center
(866) 724-8687/(919) 807-7950
www.nccapvisit.org

Cary Chamber
(800) 919-CARY/(919) 467-1016
www.carychamber.com

Town of Cary
(919) 469-4000
www.townofcary.org

Caswell County Chamber
(336) 694-6106
www.caswellchamber.com

Chapel Hill/Orange County Visitors Bureau
(888) 968-2060/(919) 968-2060
www.visitchapelhill.org

Chapel Hill-Carrboro Chamber
(919) 967-7075
www.carolinachamber.org



N.C. Division of Parks and Recreation

Topsail Island



Holly Springs Chamber
(919) 567-1796
www.hollyspringschamber.org

Town of Holly Springs
(919) 552-6221
www.hollyspringsnc.us

Hope Mills Area Chamber
(910) 423-4314
www.hopemillschamber.com

Johnston County Visitors Bureau
(800) 441-7829/(919) 989-8687
www.johnstoncountync.org

Knightdale Chamber
(919) 266-4603
www.knightdalechamber.org
www.knightdalenc.gov

Laurinburg/Scotland County Area Chamber
(910) 276-7420
www.laurinburgchamber.com

Lillington Area
(910) 893-3751
www.lillingtonnc.com
www.lillingtonchamber.org

Lumberton Visitors Bureau
(800) 359-6971/(910) 739-9999
www.lumberton-nc.com

Montgomery County
(910) 572-4300
www.montgomery-county.com

Moore County Chamber
(910) 692-3926
www.moorecountychamber.com

Morrisville Chamber
(919) 463-7150
www.morrisvillenc.com

Pembroke
(910) 521-9758
www.pembrokeenc.com

Person County Tourism
(336) 597-2689
www.visitroxboronc.com

Pinehurst, Southern Pines and Aberdeen Area CVB
(800) 346-5362
www.homeofgolf.com

Pittsboro-Siler CVB
(919) 542-8296
www.visitpittsboro.com

Raeford-Hoke Chamber
(910) 875-5929
www.hoke-raeford.com

Greater Raleigh Chamber
(919) 664-7000
www.raleighchamber.org

Greater Raleigh CVB
(800) 849-8499/(919) 834-5900
www.visitraleigh.com

Red Springs
(910) 843-5241
www.redsprings.org

Richmond County Chamber, Rockingham
(910) 895-9058
www.richmondcountychamber.com

Richmond County Tourism Development Authority
(800) 858-1688/(910) 895-9057
www.visitrichmondcounty.com
www.richmondcountyoutdoors.com

Rolesville Town Hall
(919) 556-3506
www.rolesvillenc.gov

Roxboro Area Chamber
(336) 599-8333
www.roxboronc.com

Saint Pauls Chamber
(910) 865-5164/(910) 865-3890
www.stpaulsnc.gov

Sanford Area Chamber
(919) 775-7341
www.sanford-nc.com

Smithfield-Selma Area Chamber
(919) 934-9166
www.smithfieldselma.com

Greater Spring Lake Chamber
(910) 497-8821
www.springlakechamber.com

Vance County Tourism Department (Henderson)
(866) 438-4565/(252) 438-2222
www.kerrlake-nc.com

Wake Forest Area
(919) 556-1519
www.wakeforestchamber.org

Warren County EDC
(252) 257-2657
www.warren-chamber.org

Wendell Chamber
(919) 365-6318
www.wendellchamber.com

Zebulon
(919) 269-6320
www.zebulonchamber.org

Southern Coastland

Bald Head Island Information Center
(800) 432-7368
www.baldheadisland.com

Beulaville
(910) 298-4647
www.townofbeulaville.com

Brunswick County, Shallotte
(800) 426-6644/(910) 754-6644
www.brunswickcountychamber.org

Brunswick County Tourism Development Authority
(910) 755-5517
www.ncbrunswick.com

Cape Fear Coast CVB
(Wilmington, Carolina Beach, Kure Beach, Wrightsville Beach)
(877) 406-2356/(910) 341-4030
www.capefearcoast.com

Columbus County Tourism
(800) 845-8419/(910) 640-2818
www.discovercolumbuscounty.com

Coast Host
Information on attractions and accommodations
www.coasthost-nc.com

Duplin County Tourism
(877) UNCORKO/(910) 296-2181
www.uncorkduplin.com

Elizabethtown-White Lake
(910) 862-4368
www.elizabethtownwhitelake.com

Carolina Country Adventures

Wilmington/Cape Fear Coast CVB



Latimer House



Singletary Lake

Faison
(877) UNCORK0/(910) 267-2721
www.uncorkduplin.com

Greater Goldsboro Travel & Tourism
(866) 440-2245/(919) 734-2241
www.greatergoldsboro.com

Greater Hampstead Chamber
(800) 833-2483/(910) 270-9642
www.hampsteadchamber.com

Greater Jacksonville-Onslow
(800) 932-2144/(910) 347-3141
www.jacksonvilleonline.org
www.onslowcountytourism.com

Kenansville Area
(877) UNCORK0/(910) 296-2181
www.uncorkduplin.com

Kenly Chamber
(919) 284-5510
www.kenlynorthcarolina.com

Kinston CVB
(800) 869-0032/(252) 527-1131
www.visitkinston.com

Kinston-Lenoir County Chamber
(252) 527-1131
www.kinstonchamber.com

LaGrange
(252) 523-2300
www.visitkinston.com

Mt. Olive Area Chamber
(919) 658-3113
www.moachamber.com
www.ncpicklefest.org

Nash County Visitors Bureau
(800) 849-6825/(252) 972-5080
www.RockyMountTravel.com

NC Ferries
(800) BY-FERRY
www.ncferry.org

Onslow County Tourism
(800) 932-2144/(910) 347-3141
www.onslowcountytourism.com

Pender County (Burgaw)
(888) 576-4756/(910) 259-1278
www.visitpender.com

Pleasure Island (Carolina Beach, Kure Beach, Fort Fisher)
(800) 631-1460/(910) 341-4030
(800) 641-7082/(877) 406-2356
www.capefearcoast.com
www.carolinabeachgetaway.com
www.explorekurebeach.com

Southeastern Welcome Center
(I-95 South, Rowland)
(910) 754-2505

Southport Visitor Center, Southport
(910) 457-7927
www.downtownsouthport.org
www.cityofsouthport.com

Southport-Oak Island Chamber
(800) 457-6964/(910) 457-6964
www.southport-oakisland.com

Tabor City Chamber and Visitor Center
(910) 653-4141/(910) 377-3012
www.taborcitync.org

Greater Topsail Area
(800) 626-2780/(910) 329-4446
www.topsailcoc.com

Wallace
(910) 285-4044
www.wallacechamber.com

Warsaw Chamber
(910) 293-7804
www.warsawnorthcarolina.com
www.townofwarsawnc.com

Wayne County Chamber
(919) 734-2241
www.waynecountychamber.com

Greater Whiteville
(888) 533-7196/(910) 642-3171
www.whitevillechamber.org
www.discovercolumbusfirst.com

Wilmington/Cape Fear Coast Visitors Center
(877) 406-2356/(910) 341-4030
www.cape-fear.nc.us

Wilson Visitors Bureau
(800) 497-7398/(252) 243-8440
www.wilson-nc.com

Wrightsville Beach Visitors Center
(800) 650-9106/(910) 256-8116
www.visitwrightsville.com

Northern Coastland

Ahoskie Chamber
(252) 332-2042
www.ahoskiechamber.com

Aycock Brown Welcome Center, Kitty Hawk
(877) 629-4386
www.outerbanks.org

Belhaven Community Chamber
(252) 943-3770
www.belhavenchamber.com

Beaufort
www.historicbeaufort.com

Cape Hatteras
(252) 473-2111
www.nps.gov/caha

Chowan County Tourism, Edenton
(800) 775-0111/(252) 482-3400
www.visitedenton.com

Coast Host
Information on attractions and accommodations
www.coasthost-nc.com

Corolla/Currituck Chamber
(252) 453-9497
www.currituckchamber.org

Crystal Coast Tourism Authority
(800) 786-6962/(252) 726-8148
www.crystalcoastnc.org

Dare County
(252) 475-5000
www.darenc.com

Dismal Swamp Canal Welcome Center, Camden County
(877) 771-8333/(252) 771-8333
www.dismalswampwelcomecenter.com

Duck
(252) 255-1234
www.townofduck.com

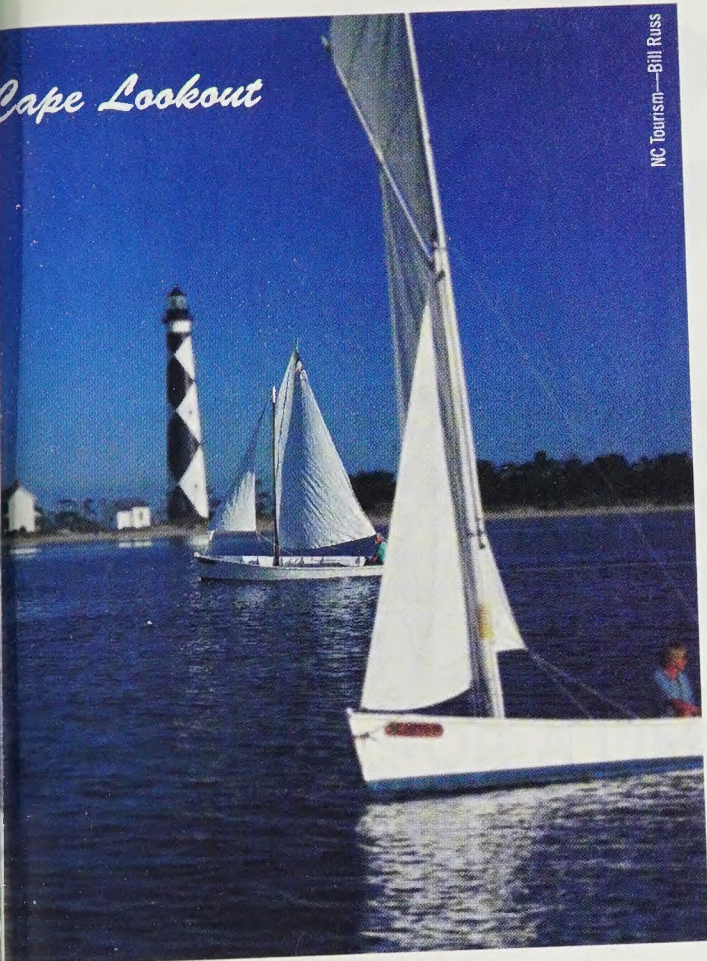
Elizabeth City Area CVB
(866) 324-8948/(252) 335-5330
www.discoverelizabethcity.com

Farmville Chamber
(252) 753-4670
www.farmville-nc.com

Gates County Manager
(252) 357-2411
www.gatescounty.govoffice2.com

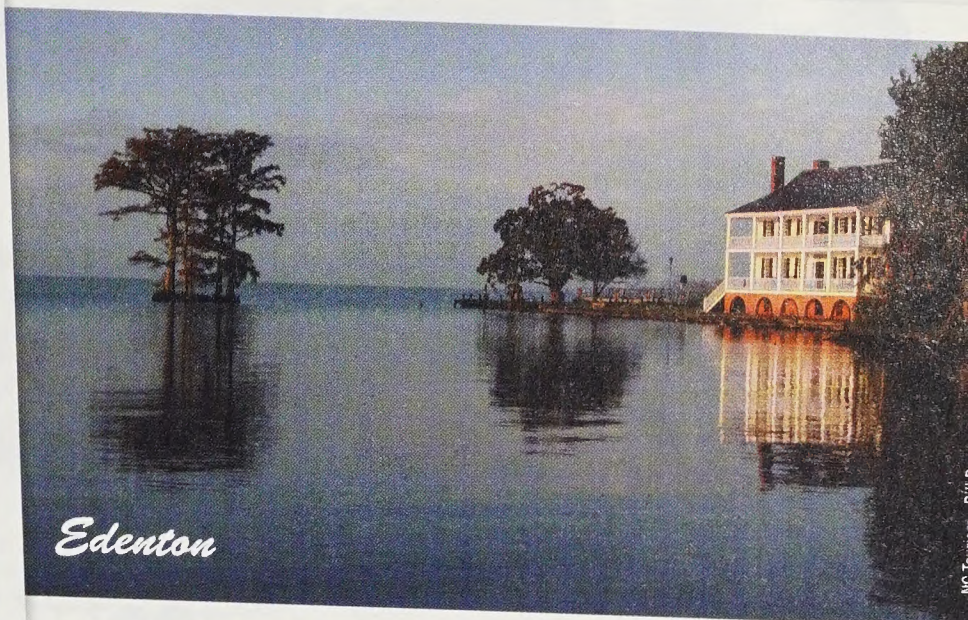
Greene County Tourism Committee
(252) 747-8090/(252) 747-1999
www.visitgreenenc.com

Cape Lookout



NC Tourism—Bill Russ

Travel Resources



Edenton

Greenville/Pitt County CVB
(800) 537-5564/(252) 329-4200
www.visitgreenvillenc.com

Havelock Chamber
(252) 447-1101
www.havelockchamber.org

Halifax County CVB
(800) 522-4282/(252) 535-1687
www.visithalifax.com

Hatteras Island Welcome Center
(877) 629-4386
www.outerbanks.org

Historic Albemarle Tour
(800) 734-1117/(252) 482-4333
www.historicalbemarletour.org

Historic Bath Visitor Center
(252) 923-3971
www.bath.nchistoricsites.org

Hyde County Chamber
(888) 493-3826/(252) 926-9171
www.hydecountychamber.org

Kill Devil Hills
(252) 449-5300
www.kdhnc.com

Kitty Hawk
(252) 261-3552
www.townofkittyhawk.org

Lake Gaston Chamber and Visitors Center
(866) 730-5711/(252) 586-5711
www.lakegastonchamber.com

Manteo
(252) 473-2133
www.townofmanteo.com

Martin County Chamber
(252) 792-4131
www.martincountync.com

Martin County Travel & Tourism
(800) 776-8566/(252) 792-6605
www.visitmartincounty.com

Murfreesboro Historical Association
(252) 398-5922
www.murfreesboronc.org

NC Ferries
(800) BY-FERRY
www.ncferry.org

NC Welcome Center (I-95 North)
(252) 537-3365
www.visitnc.com

NC Welcome Center (I-85 North)
(252) 456-3236
www.visitnc.com

NC's Northeast Commission
(888) 872-8562
www.visitncne.com

Nags Head
www.nags-head.com

New Bern Riverfront Convention and Visitor Center
(800) 437-5767/(252) 637-9400
www.visitnewbern.com

Ocracoke NPS Visitor Center
(252) 928-4531
www.ocracokeisland.com

Outer Banks Chamber
(252) 441-8144
www.outerbankschamber.com

Outer Banks Welcome Center on Roanoke Island
(877) 629-4386
www.outerbanks.org

Pamlico County Chamber
(252) 745-3008
www.pamlicochamber.com

Partnership for the Sounds
(888) 737-0437/(252) 796-1000
www.partnershipforthesounds.org

Perquimans County Chamber
(252) 426-5657
www.visitperquimans.com

Roanoke River Partners
(252) 792-0070
www.roanokeriverpartners.org

Roanoke Valley Chamber
(252) 537-3513
www.rvchamber.com

Rocky Mount
(252) 972-1111
www.rockymountnc.gov

Rocky Mount Chamber
(252) 446-0323
www.rockymountchamber.org

Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Southern Shores
(252) 261-2394
www.southernshores-nc.gov

Swansboro Chamber
(910) 326-1174
www.swansboroncchamber.com
www.tourswansboro.com

Tarboro-Edgemore Chamber
(252) 823-7241
www.tarborochamber.com

Greater Tyrrell County Chamber
(252) 796-1996
www.visittyrrellcounty.com

Washington County Tourism
(252) 793-3248
www.gowildnc.org

Washington Visitor Information
(800) 546-0162/(252) 948-9415
www.originalwashington.com

Whalebone Welcome Center
(877) 629-4386
www.outerbanks.org

Windsor/Bertie County Chamber
(252) 794-4277
www.albemarle-nc.com/windsor
www.windsorbertiechamber.com



North Carolina's 4-H Camps and Centers

Sertoma 4-H Center
(www.campsertoma.org)

Betsy-Jeff Penn 4-H Center
(www.bjpenn4h.org)

Swannanoa 4-H Center
(www.swan4h.com)



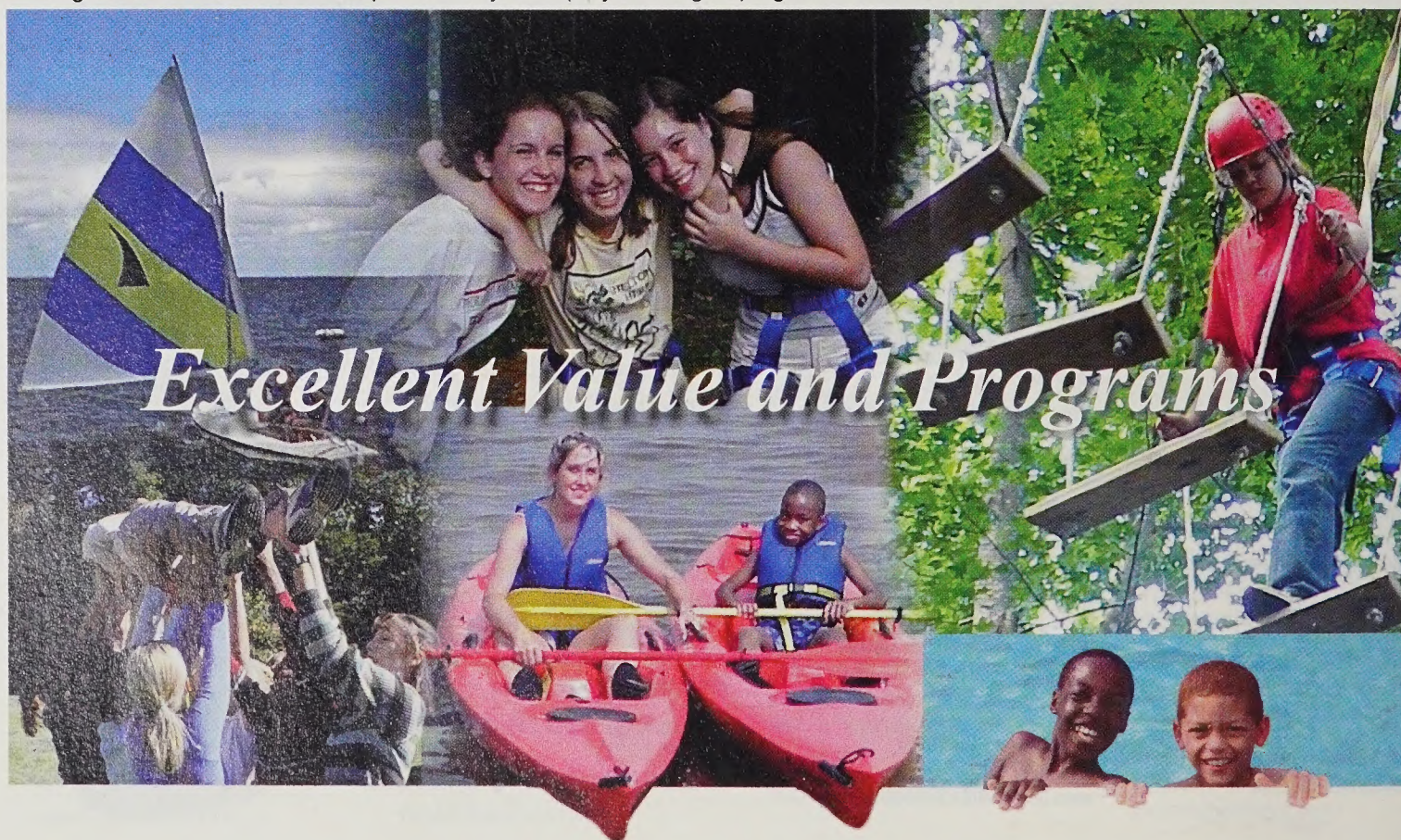
Eastern 4-H Center
(www.eastern4hcenter.org)

Millstone 4-H Camp
(www.millstone4hcamp.org)



www.nc4h.org/centers

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Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply